



Sweet Potato and White Bean Soup with Sage-Walnut Pesto



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 ounce asiago cheese grated
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 19 ounce .5 can cannellini beans rinsed drained canned
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 garlic clove peeled

- ☐ 2 cups leek thinly sliced 2 medium
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.1 teaspoon salt
- ☐ 2 cups sweet potatoes and into cubed peeled
- ☐ 4 cups swiss chard chopped 1 bunch
- ☐ 1 tablespoon walnut oil
- ☐ 2 tablespoons walnuts chopped
- ☐ 1 cup water

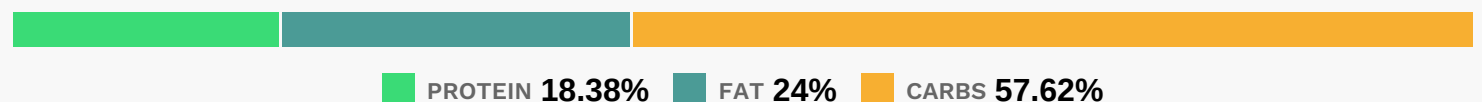
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ To prepare the soup, heat a Dutch oven over medium heat. Coat pan with cooking spray.
- ☐ Add leek to pan; cook 8 minutes or until tender, stirring frequently. Stir in broth and 1 cup water; bring to a boil.
- ☐ Add potato; cook 10 minutes or until potato is tender. Stir in chard, pepper, salt, and beans; cook 3 minutes or until chard wilts.
- ☐ Remove from heat; stir in lemon juice.
- ☐ To prepare the pesto, combine cheese and remaining ingredients in a food processor; process until smooth, scraping sides of bowl occasionally. Ladle 1 cup soup into each of 6 bowls; top each serving with about 2 teaspoons pesto.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:10.48, Inflammation Score:-10, Nutrition Score:26.909130517555%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 233.02kcal (11.65%), Fat: 6.43g (9.89%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 34.72g (11.57%), Net Carbohydrates: 27.74g (10.09%), Sugar: 3.98g (4.42%), Cholesterol: 3.21mg (1.07%), Sodium: 677.92mg (29.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.15%), Vitamin K: 258.21µg (245.91%), Copper: 3.47mg (173.73%), Vitamin A: 8500.92IU (170.02%), Manganese: 1.06mg (52.89%), Fiber: 6.98g (27.93%), Iron: 4.59mg (25.51%), Magnesium: 97.01mg (24.25%), Folate: 95.14µg (23.78%), Potassium: 780.82mg (22.31%), Vitamin C: 17.28mg (20.95%), Calcium: 185.12mg (18.51%), Phosphorus: 183.88mg (18.39%), Vitamin B6: 0.3mg (15.1%), Vitamin B1: 0.18mg (11.78%), Vitamin E: 1.62mg (10.81%), Zinc: 1.57mg (10.5%), Selenium: 6.02µg (8.6%), Vitamin B2: 0.14mg (8.26%), Vitamin B5: 0.8mg (8.01%), Vitamin B3: 1.29mg (6.44%), Vitamin B12: 0.28µg (4.73%)