



Sweet Potato Bisque

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

343 kcal

- SOUP
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- ☐ 1.3 cups apple cider
- ☐ 2 tablespoons butter
- ☐ 1 chipotle pepper canned
- ☐ 4 cups chicken broth
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 inch ginger peeled finely chopped
- ☐ 0.8 cup heavy whipping cream
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings cup heavy whipping cream sour for serving, optional

- ☐ 2 pounds sweet potatoes cubed peeled
- ☐ 1 vidalia onion finely chopped

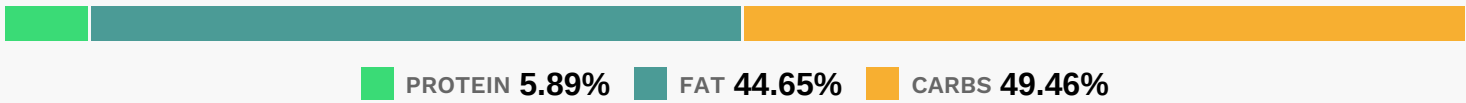
Equipment

- ☐ bowl
- ☐ pot
- ☐ wooden spoon
- ☐ immersion blender

Directions

- ☐ Add the butter to a large soup pot over medium-high heat. Once the butter melts and becomes foamy, add the garlic, onions and ginger and saute until tender and fragrant, 3 to 4 minutes. Season with salt and pepper.
- ☐ Add the chipotle pepper and saute for 1 minute longer while breaking it up with a wooden spoon.
- ☐ Add the chicken broth, apple cider and sweet potatoes. Bring to a simmer and cook until the sweet potatoes are tender, about 20 minutes.
- ☐ Puree the soup using an immersion blender until smooth and velvety. Finish by stirring in the heavy cream. Top each bowl with sour cream if using.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:17.4, Inflammation Score:-10, Nutrition Score:14.965652139291%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg

0.7mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 342.69kcal (17.13%), Fat: 17.38g (26.74%), Saturated Fat: 10.52g (65.72%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 37.87g (13.77%), Sugar: 15.97g (17.74%), Cholesterol: 53.86mg (17.95%), Sodium: 712.91mg (31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Vitamin A: 22084.07IU (441.68%), Manganese: 0.58mg (29.06%), Fiber: 5.45g (21.8%), Vitamin B6: 0.43mg (21.59%), Potassium: 707.19mg (20.21%), Vitamin B2: 0.28mg (16.69%), Copper: 0.3mg (15.06%), Vitamin B5: 1.43mg (14.35%), Vitamin B1: 0.2mg (13.04%), Magnesium: 50.96mg (12.74%), Phosphorus: 125.81mg (12.58%), Calcium: 102.72mg (10.27%), Vitamin C: 7.5mg (9.09%), Folate: 31.5µg (7.87%), Iron: 1.37mg (7.62%), Vitamin B3: 1.34mg (6.71%), Vitamin E: 0.9mg (6.02%), Zinc: 0.78mg (5.2%), Selenium: 3.46µg (4.95%), Vitamin K: 4.54µg (4.32%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.11µg (1.87%)