



Sweet Potato Broccoli Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 medium apples cut into 12 thin slices
- ☐ 1 medium apples cored peeled cut into 1-inch pieces
- ☐ 2 cups broccoli florets fresh chopped
- ☐ 1 leek rinsed sliced cut in half lengthwise, , thinly
- ☐ 6 tablespoons cream sour reduced-fat
- ☐ 3.5 cups chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped

- ☐ 3 medium sweet potatoes and into peeled cut into 1-inch pieces (4 cups)
- ☐ 1 tablespoon water

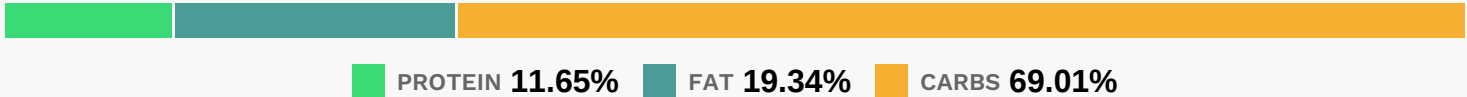
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ In 4-quart saucepan, heat oil over medium heat.
- ☐ Add onion and leek to oil; cook 4 minutes, stirring frequently, until soft. Stir in broth, sweet potatoes and apple pieces.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 20 minutes or until sweet potatoes are tender.
- ☐ Meanwhile, in small microwavable bowl, place broccoli and water. Cover with plastic wrap and microwave on High 1 minute 30 seconds or until crisp-tender; set aside.
- ☐ In blender or food processor, place about one-third of soup mixture. Cover; blend on high speed until smooth, stopping blender to scrape side if necessary.
- ☐ Pour into large bowl. Repeat 2 times more with remaining soup mixture.
- ☐ Pour soup back into saucepan; stir in broccoli. Cover and heat over low heat about 10 minutes or until hot.
- ☐ Divide soup evenly among 6 bowls. To serve, top each serving with 1 tablespoon sour cream and 2 apple slices.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:14.41, Inflammation Score:-10, Nutrition Score:17.731739226891%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 209.84kcal (10.49%), Fat: 4.75g (7.31%), Saturated Fat: 1.45g (9.03%), Carbohydrates: 38.13g (12.71%), Net Carbohydrates: 32.14g (11.69%), Sugar: 11.89g (13.21%), Cholesterol: 4.2mg (1.4%), Sodium: 128.08mg (5.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.87%), Vitamin A: 16532.02IU (330.64%), Vitamin C: 35.72mg (43.3%), Vitamin K: 42.52µg (40.49%), Fiber: 5.99g (23.96%), Manganese: 0.48mg (23.85%), Potassium: 734.84mg (21%), Vitamin B6: 0.39mg (19.53%), Copper: 0.3mg (14.93%), Vitamin B3: 2.85mg (14.25%), Phosphorus: 140.88mg (14.09%), Folate: 48.78µg (12.2%), Vitamin B5: 1.16mg (11.59%), Magnesium: 46.32mg (11.58%), Vitamin B2: 0.18mg (10.8%), Vitamin B1: 0.14mg (9.56%), Iron: 1.64mg (9.13%), Calcium: 88.3mg (8.83%), Vitamin E: 1.13mg (7.51%), Zinc: 0.74mg (4.95%), Vitamin B12: 0.19µg (3.13%), Selenium: 2.09µg (2.99%)