



Sweet Potato, Corn, and Andouille Sausage Soup

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



213 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 andouille sausages cut into cubes
- 1 teaspoon cajun spice
- 1 teaspoon vegetable oil; peanut oil preferred
- 1 sweet potatoes and into cubed peeled
- 56 ounce vegetable broth canned
- 15.3 ounce kernel corn whole drained canned

Equipment

frying pan

sauce pan

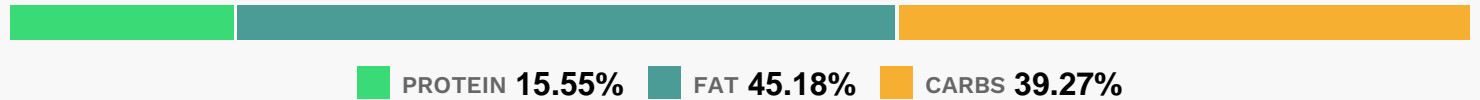
Directions

Heat peanut oil in a skillet over medium heat. Season andouille sausage with Cajun seasoning; cook in hot oil until browned, about 5 minutes.

Drain excess grease from the skillet. Set sausage aside.

Heat vegetable broth in a saucepan over medium heat until warm; add sweet potato and bring to boil. Cook until potato is tender, about 10 minutes. Stir sausage and corn into the broth with the sweet potato. Bring the mixture to a boil and serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:5.27, Inflammation Score:-10, Nutrition Score:10.001304318076%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 213.03kcal (10.65%), Fat: 10.73g (16.52%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 21g (7%), Net Carbohydrates: 19.75g (7.18%), Sugar: 4.22g (4.69%), Cholesterol: 28.38mg (9.46%), Sodium: 1465.4mg (63.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.63%), Vitamin A: 6085.07IU (121.7%), Vitamin B3: 2.83mg (14.12%), Selenium: 7.08µg (10.11%), Phosphorus: 97.46mg (9.75%), Potassium: 330.98mg (9.46%), Vitamin B1: 0.13mg (8.38%), Zinc: 1.14mg (7.59%), Vitamin B6: 0.15mg (7.51%), Manganese: 0.14mg (7.22%), Folate: 25.53µg (6.38%), Magnesium: 23.22mg (5.8%), Vitamin B2: 0.1mg (5.64%), Vitamin B5: 0.55mg (5.49%), Vitamin B12: 0.32µg (5.39%), Copper: 0.1mg (5.25%), Fiber: 1.25g (4.99%), Iron: 0.86mg (4.75%), Vitamin E: 0.6mg (3.98%), Vitamin D: 0.46µg (3.08%), Vitamin C: 2.13mg (2.58%), Calcium: 16.47mg (1.65%)