



Sweet Potato, Kale & White Bean Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon grapeseed oil
- 1 medium sweet potatoes and into chopped
- 1 onion diced yellow
- 1 head kale red chopped
- 1 quart vegetable stock (or vegetable broth)
- 0.5 cup wine (I used chardonnay)
- 15 ounces cannellini beans canned
- 1 teaspoon oregano dried

- 0.3 teaspoon thyme leaves
- 4 servings pepper black

Equipment

- pot

Directions

- In a large pot, heat the grapeseed oil over medium high and add the sweet potato. Saut the sweet potato, stirring consistently about 5 minutes before adding the onion. Saut about 8 minutes then add a splash of chicken broth to help steam the sweet potato and onion (the chicken broth should sizzle when it hits the pot). Continue cooking until sweet potato is softened but still al dente, another 5 minutes or so.
- Add all of the chicken broth, white wine, cannellini beans and the oregano and thyme. Stir well and bring to a boil. Reduce heat to medium low and simmer covered about 10 minutes.
- Add the chopped kale leaves, stir, cover again and cook another 5 minutes until kale leaves are softened. Taste the soup and add salt and ground black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:86, Glycemic Load:13.12, Inflammation Score:-10, Nutrition Score:24.279130434783%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 9.05mg, Isorhamnetin: 9.05mg, Isorhamnetin: 9.05mg, Isorhamnetin: 9.05mg Kaempferol: 15.4mg, Kaempferol: 15.4mg, Kaempferol: 15.4mg, Kaempferol: 15.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.94mg, Quercetin: 12.94mg, Quercetin: 12.94mg, Quercetin: 12.94mg

Taste

Sweetness: 100%, Saltiness: 13.88%, Sourness: 77.82%, Bitterness: 39.04%, Savoriness: 13.18%, Fattiness: 45.88%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 261.23kcal (13.06%), Fat: 4.38g (6.73%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 42.16g (14.05%), Net Carbohydrates: 33.3g (12.11%), Sugar: 6.42g (7.13%), Cholesterol: 0mg (0%), Sodium: 1002.72mg (43.6%), Alcohol: 3.09g (17.17%), Protein: 9.94g (19.88%), Vitamin A: 11781.88IU (235.64%), Vitamin K: 134.35µg (127.95%), Manganese: 1.02mg (50.89%), Vitamin C: 33.96mg (41.16%), Fiber: 8.85g (35.41%), Folate: 102.25µg (25.56%), Potassium: 856mg (24.46%), Iron: 4.4mg (24.43%), Magnesium: 86.54mg (21.63%), Calcium: 195.07mg (19.51%), Copper: 0.37mg (18.31%), Phosphorus: 155.58mg (15.56%), Vitamin E: 2.31mg (15.38%), Vitamin B6: 0.3mg (14.98%), Vitamin B1: 0.2mg (13.2%), Vitamin B2: 0.2mg (11.88%), Zinc: 1.59mg (10.58%), Vitamin B5: 0.73mg (7.32%), Vitamin B3: 0.91mg (4.55%), Selenium: 2.53µg (3.61%)