



Sweet Potato-Peanut Soup with Ham Croutons

 Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup onion chopped
- ☐ 0.8 cup celery chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 6 cups chicken broth (from two 32-oz cartons)
- ☐ 3 lb sweet potatoes and into peeled coarsely chopped
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 2 cups finely-chopped ham cubed cooked

- ☐ 0.7 cup creamy peanut butter
- ☐ 1 cup whipping cream
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 sprigs rosemary leaves fresh

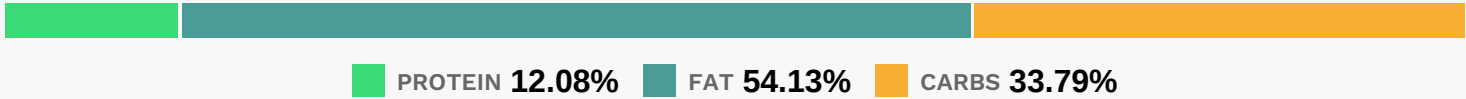
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ dutch oven

Directions

- ☐ In 4- to 5-quart Dutch oven, melt butter over medium heat. Cook onion, celery and garlic in butter 10 minutes, stirring occasionally, until tender.
- ☐ Add broth, sweet potatoes and chopped rosemary.
- ☐ Heat to boiling; reduce heat. Cover; simmer 25 minutes or until potatoes are very tender.
- ☐ Remove from heat; cool 15 minutes.
- ☐ Meanwhile, heat 10-inch nonstick skillet over medium-high heat.
- ☐ Add ham; cook until browned and crisp on all sides.
- ☐ Drain on paper towels; cover to keep warm.
- ☐ In blender or food processor, place one-third of the potato mixture. Cover; blend on medium speed until smooth.
- ☐ Pour into large bowl. Repeat twice with remaining potato mixture. Return pureed mixture to Dutch oven; stir in peanut butter. Cook over medium-low heat, stirring often, until soup is smooth. Stir in whipping cream, salt and pepper; cook until thoroughly heated. Top individual servings with ham.
- ☐ Garnish with rosemary sprigs.

Nutrition Facts



Properties

Glycemic Index:19.3, Glycemic Load:14.19, Inflammation Score:-10, Nutrition Score:18.205652112546%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 389.12kcal (19.46%), Fat: 24.07g (37.04%), Saturated Fat: 8.6g (53.75%), Carbohydrates: 33.81g (11.27%), Net Carbohydrates: 28.59g (10.4%), Sugar: 9.24g (10.27%), Cholesterol: 46.21mg (15.4%), Sodium: 1173.67mg (51.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.08g (24.17%), Vitamin A: 19901.66IU (398.03%), Manganese: 0.72mg (35.8%), Vitamin B6: 0.45mg (22.55%), Phosphorus: 214.28mg (21.43%), Vitamin B3: 4.21mg (21.07%), Fiber: 5.22g (20.88%), Potassium: 705.35mg (20.15%), Vitamin B1: 0.29mg (19.41%), Magnesium: 73.14mg (18.29%), Vitamin B2: 0.31mg (18.07%), Copper: 0.34mg (16.81%), Vitamin E: 2.4mg (15.97%), Vitamin B5: 1.58mg (15.81%), Vitamin C: 9.75mg (11.81%), Selenium: 7.43µg (10.62%), Zinc: 1.54mg (10.26%), Folate: 35.95µg (8.99%), Iron: 1.5mg (8.36%), Calcium: 80.61mg (8.06%), Vitamin B12: 0.39µg (6.51%), Vitamin K: 5.61µg (5.34%), Vitamin D: 0.38µg (2.54%)