



Sweet potato & rosemary soup with garlic toasts



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



336 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



2 tsp olive oil for brushing



1 onion chopped



3 garlic cloves



750 g sweet potatoes and into cubed peeled



1 l vegetable stock



2 rosemary sprigs



8 slices bread good (ciabatta is)

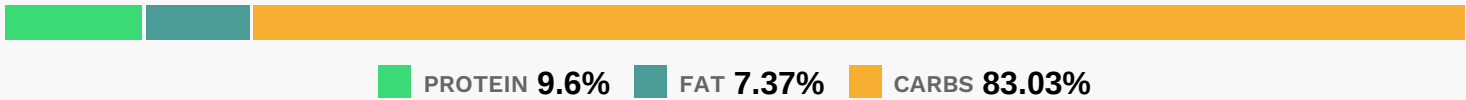
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ immersion blender

Directions

- ☐ Heat the oil in a large saucepan, then fry the onion until soft. Crush 2 garlic cloves, add to the onion, then fry for 1 min more. Stir in the sweet potato, then cover with the stock and bring to the boil. Strip the leaves from one of the rosemary sprigs, then add to the pan. Simmer for 10 mins until the potato is soft.
- ☐ Meanwhile, heat oven to 200C/ fan 180C/gas
- ☐ Place the bread on a baking sheet, then brush with olive oil. Slice the remaining garlic clove in half, then rub the cut side over the bread along with the leaves from the second rosemary sprig. Season, then bake for 10 mins until crisp and golden.
- ☐ Use a hand blender to roughly pure the soup, adding a splash of hot water if it seems too thick. Season well, then pour into warmed bowls and serve with the toasts.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:20.83, Inflammation Score:-10, Nutrition Score:13.895652180133%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 336.31kcal (16.82%), Fat: 2.78g (4.28%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 70.51g (23.5%), Net Carbohydrates: 63.74g (23.18%), Sugar: 11.14g (12.37%), Cholesterol: 0mg (0%), Sodium: 1372.37mg (59.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Vitamin A: 27131.87IU (542.64%), Manganese: 0.56mg (27.89%), Fiber: 6.78g (27.11%), Vitamin B6: 0.45mg (22.68%), Potassium: 681.55mg (19.47%), Vitamin B5: 1.55mg (15.47%), Copper: 0.3mg (15.04%), Magnesium: 50.3mg (12.57%), Vitamin B1: 0.16mg (10.91%), Phosphorus: 99.58mg (9.96%), Vitamin C: 7.27mg (8.81%), Vitamin B2: 0.12mg (7.32%), Iron: 1.27mg (7.04%), Calcium: 67.31mg (6.73%), Folate: 26.07µg (6.52%), Vitamin E: 0.82mg (5.46%), Vitamin B3: 1.09mg (5.46%), Vitamin K: 4.88µg (4.65%), Zinc: 0.64mg (4.25%), Selenium: 1.58µg (2.26%)