



Sweet Potato Soup



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



35

CALORIES



41 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apple cider
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon chipotle pepper in adobo sauce canned minced
- ☐ 5.5 cups chicken broth fat-free reduced-sodium
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 teaspoons juice of lime fresh
- ☐ 1 medium onion chopped

- ☐ 1 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 pounds sweet potatoes peeled chopped (2 large)

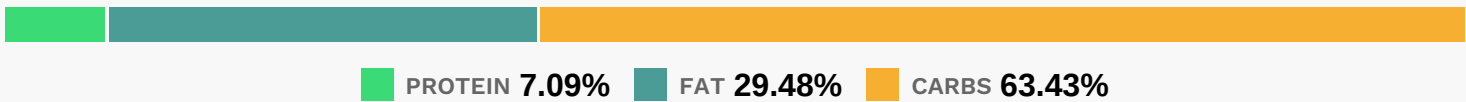
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Melt butter in a large saucepan over medium-high heat; add onion, and saut 5 to 7 minutes or until tender.
- ☐ Add garlic; saut 1 minute. Stir in broth and next 4 ingredients. Bring to a boil; reduce heat to medium-low, and simmer 20 minutes or until potatoes are tender.
- ☐ Process mixture with a handheld blender until smooth. (If you don't have a handheld blender, cool mixture 10 minutes, and process, in batches, in a regular blender until smooth. Return to saucepan, and proceed with Step)
- ☐ Cook potato mixture over low heat, stirring occasionally, 5 minutes or until thoroughly heated. Stir in 2 Tbsp. lime juice.
- ☐ Whisk together sour cream and 2 tsp. lime juice. Ladle soup into bowls, and drizzle each serving with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:2.96, Inflammation Score:-9, Nutrition Score:4.9434783847436%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 40.95kcal (2.05%), Fat: 1.37g (2.11%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 5.78g (2.1%), Sugar: 2.06g (2.29%), Cholesterol: 3.66mg (1.22%), Sodium: 233.21mg (10.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.49%), Vitamin A: 3718.39IU (74.37%), Manganese: 0.08mg (4.17%), Fiber: 0.87g (3.47%), Vitamin B6: 0.07mg (3.4%), Potassium: 115.79mg (3.31%), Vitamin B5: 0.27mg (2.72%), Copper: 0.05mg (2.47%), Phosphorus: 20.6mg (2.06%), Magnesium: 7.97mg (1.99%), Vitamin B2: 0.03mg (1.85%), Vitamin B1: 0.03mg (1.79%), Vitamin B3: 0.36mg (1.79%), Vitamin C: 1.34mg (1.63%), Selenium: 1.12µg (1.6%), Calcium: 14.49mg (1.45%), Vitamin B12: 0.08µg (1.33%), Iron: 0.23mg (1.3%), Folate: 4.15µg (1.04%)