



Sweet Potato Soup with Blue Corn Tortillas



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



684 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 1 tablespoon chili puree
- ☐ 2 teaspoons chipotle in adobo puree
- ☐ 6 servings tortilla chips blue crushed for garnish
- ☐ 0.5 cup crème fraîche
- ☐ 6 servings cilantro leaves fresh for garnish
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.5 cup heavy cream
- ☐ 2 tablespoons honey
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 2 tablespoons maple syrup pure
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 cups sweet potatoes leftover mashed
- ☐ 5 large sweet potatoes until just through boiled cooked peeled
- ☐ 4 tablespoons butter unsalted
- ☐ 1 cup milk whole

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ potato ricer

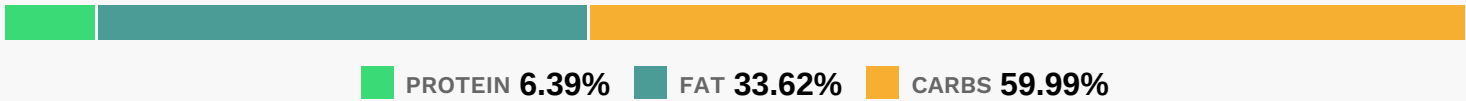
Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk together the mashed potatoes, 1 1/2 cups of the broth, ginger, allspice, and nutmeg in a medium saucepan and bring to a simmer over high heat. Reduce the heat to low and cook, stirring occasionally, for 10 minutes.
- ☐ Whisk in the 1/4 cup creme fraiche and more broth, if needed, and cook for 5 minutes.
- ☐ Whisk together the remaining 1/4 cup of creme fraiche and chipotle puree in a small bowl, and season with salt and pepper. Ladle the soup into bowls and top with a dollop of the creme fraiche, some cilantro leaves and some of the tortilla chips.
- ☐ Combine the butter, milk, cream and chipotle puree in a small saucepan and bring to a simmer.
- ☐ While the potatoes are hot, run them though a ricer into a large bowl.

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Add the warm milk mixture, syrup, honey, cinnamon and salt and pepper and mix until combined.

Nutrition Facts



Properties

Glycemic Index:66.13, Glycemic Load:40.17, Inflammation Score:-10, Nutrition Score:26.518260955811%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 684.16kcal (34.21%), Fat: 26.16g (40.25%), Saturated Fat: 13.06g (81.61%), Carbohydrates: 105.04g (35.01%), Net Carbohydrates: 92.31g (33.57%), Sugar: 28.19g (31.32%), Cholesterol: 58.67mg (19.56%), Sodium: 330.95mg (14.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.37%), Vitamin A: 50351.38IU (1007.03%), Manganese: 1.2mg (60.12%), Fiber: 12.73g (50.93%), Vitamin B6: 0.83mg (41.57%), Potassium: 1413.13mg (40.38%), Vitamin B5: 3.42mg (34.16%), Phosphorus: 316.03mg (31.6%), Magnesium: 122.76mg (30.69%), Copper: 0.6mg (30.08%), Vitamin B2: 0.47mg (27.52%), Calcium: 234.83mg (23.48%), Vitamin B1: 0.35mg (23.24%), Iron: 2.94mg (16.35%), Vitamin E: 2.4mg (16.01%), Vitamin B3: 3.11mg (15.56%), Vitamin K: 14.43µg (13.74%), Zinc: 1.86mg (12.41%), Folate: 44.51µg (11.13%), Vitamin C: 8.83mg (10.71%), Selenium: 5.67µg (8.1%), Vitamin B12: 0.37µg (6.11%), Vitamin D: 0.9µg (6.03%)