



Sweet-Potato Soup with Prosciutto Crisps

 Gluten Free

READY IN



90 min.

SERVINGS



25

CALORIES



57 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 tsp pepper black freshly ground
- 1.5 tsp coarse kosher salt
- 2 small garlic cloves minced
- 0.3 cup heavy cream
- 1 large leek light white green rinsed drained thinly sliced (and parts only)
- 2 ounces pancetta thinly sliced
- 2 pounds orange sweet potatoes peeled cut into roughly 1-in. pieces (2 large sweet potatoes; often labeled "yams")
- 1.5 tablespoons butter unsalted

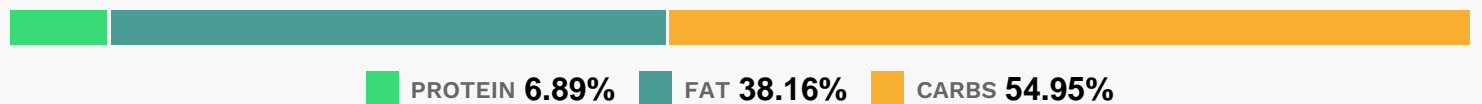
Equipment

- baking sheet
- oven
- pot

Directions

- Preheat oven to 40
- Melt butter in a large pot over medium heat.
- Add leek and cook, stirring, until soft and translucent, about 6 minutes.
- Add garlic and cook 2 minutes longer. Put sweet potatoes in pot; add 3 cups water, 1 1/2 tsp. salt, and 1/2 tsp. pepper. Increase heat to high, bring to a boil, then reduce heat to medium-high and simmer until sweet potatoes are tender, about 10 minutes.
- Remove from heat and let cool 10 minutes. Working in batches, pure soup until smooth.
- Spread prosciutto slices on a rimmed baking sheet in a single layer.
- Bake until crisp, 7 to 10 minutes (watch carefully, as they can burn quickly).
- Let prosciutto cool completely on baking sheet (about 1 hour), then crumble into tiny pieces and set aside.
- Transfer pured soup to a clean pot set over medium-low heat. Stir in cream and up to 2 cups water (enough to make soup easy to drink out of cups). Season to taste with salt and pepper.
- Serve soup hot, in demitasse cups, garnished with prosciutto or chives if you like.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:3.77, Inflammation Score:-10, Nutrition Score:6.5008695773456%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 57.41kcal (2.87%), Fat: 2.47g (3.8%), Saturated Fat: 1.29g (8.06%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 6.84g (2.49%), Sugar: 1.73g (1.92%), Cholesterol: 5.99mg (2%), Sodium: 176mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin A: 5264.49IU (105.29%), Manganese: 0.12mg (6.03%), Vitamin B6: 0.09mg (4.71%), Fiber: 1.17g (4.67%), Potassium: 137.17mg (3.92%), Vitamin B5: 0.32mg (3.17%), Copper: 0.06mg (3.09%), Magnesium: 10.66mg (2.66%), Vitamin B1: 0.04mg (2.52%), Vitamin K: 2.53µg (2.41%), Phosphorus: 23.58mg (2.36%), Vitamin B2: 0.03mg (1.77%), Iron: 0.32mg (1.76%), Vitamin C: 1.39mg (1.68%), Folate: 6.4µg (1.6%), Calcium: 15.57mg (1.56%), Vitamin B3: 0.31mg (1.56%), Vitamin E: 0.18mg (1.19%), Selenium: 0.83µg (1.18%)