



## Sweet Potato–Star Anise Soup with Ginger Cream

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



306 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 tablespoons crème fraîche sour
- 2.3 teaspoons ginger fresh grated (from a 2-inch piece)
- 0.5 cup cup heavy whipping cream
- 2.5 pounds sweet potatoes and into peeled coarsely chopped
- 2 tablespoons butter unsalted ()
- 4 cups vegetable broth low-sodium
- 1 cup water

0.8 cup onion yellow finely chopped ()

## Equipment

food processor

bowl

pot

blender

## Directions

Melt the butter in a large pot over medium heat. When it foams, add the onion, season with salt and freshly ground black pepper, and cook, stirring occasionally, until the onion is softened and translucent, about 5 minutes. Stir in 2 teaspoons of the ginger and the star anise.

Add the sweet potatoes and stir to combine.

Add the broth and water and stir well, scraping up any browned bits from the bottom of the pot. Increase the heat to high and bring the mixture to a boil. Reduce the heat to low and simmer, uncovered, until the sweet potatoes are completely tender, about 12 minutes.

Remove from heat. Allow the soup to cool slightly.

Remove the star anise pods and discard. Process the soup in batches in a blender or food processor until very smooth. Return the soup to the pot and reheat over medium-low heat. Season with additional salt and pepper as necessary. Stir in the heavy cream, if using.

Combine the sour cream and remaining 1/4 teaspoon ginger in a small bowl, stirring until well mixed.

Serve the soup in warmed bowls, topped with a dollop of ginger cream. Beverage pairing: Here's a big soup with a mouth-filling, creamy texture and lots of exotic spice that cries out for German Riesling. Many Rieslings would be a bit light-bodied for this, so go for one of the biggest you can find, from the Rheingau. Specifically, hunt down the 2006 Dragonstone Riesling from Leitz, which is medium- to full-bodied and rife with citrus and spice and a good dose of acidity.

## Nutrition Facts



**PROTEIN 6.11%** **FAT 38.61%** **CARBS 55.28%**

## Properties

Glycemic Index:16.67, Glycemic Load:19.2, Inflammation Score:-10, Nutrition Score:14.320000145746%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

## Nutrients (% of daily need)

Calories: 305.79kcal (15.29%), Fat: 13.39g (20.6%), Saturated Fat: 8.21g (51.34%), Carbohydrates: 43.15g (14.38%), Net Carbohydrates: 36.45g (13.26%), Sugar: 10.42g (11.58%), Cholesterol: 39.53mg (13.18%), Sodium: 116.41mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin A: 27296.31IU (545.93%), Fiber: 6.7g (26.79%), Manganese: 0.52mg (25.84%), Vitamin B6: 0.43mg (21.61%), Potassium: 704.19mg (20.12%), Vitamin B5: 1.63mg (16.34%), Copper: 0.31mg (15.31%), Magnesium: 52.65mg (13.16%), Phosphorus: 116.63mg (11.66%), Vitamin B1: 0.16mg (10.89%), Vitamin B2: 0.18mg (10.59%), Calcium: 88.93mg (8.89%), Vitamin C: 6.28mg (7.61%), Iron: 1.23mg (6.83%), Folate: 26.33µg (6.58%), Vitamin E: 0.83mg (5.56%), Vitamin B3: 1.11mg (5.54%), Zinc: 0.7mg (4.66%), Vitamin K: 4.62µg (4.4%), Selenium: 2.32µg (3.32%), Vitamin D: 0.39µg (2.58%), Vitamin B12: 0.06µg (1.08%)