



Tuscan Savory Sweet Potato Soup

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bulk sausage sweet italian
- 2 cloves garlic minced
- 8 servings salt and ground pepper black to taste
- 1 tablespoon penzey's southwest seasoning italian
- 8 ounces mushrooms sliced
- 1 large onion diced
- 0.3 cup parmesan cheese grated
- 5 sweet potatoes peeled quartered

1 tablespoon vegetable oil

Equipment

food processor

frying pan

pot

blender

wooden spoon

Directions

Place the sweet potatoes into a large pot and cover with cold water. Bring to a boil; reduce heat to medium-low, cover, and simmer until tender, 6 to 8 minutes.

Drain and allow to steam dry for a minute or two. Puree potatoes in a food processor or blender in batches until smooth. Return pureed potatoes to the large pot; set aside.

Heat the oil in a large skillet over medium heat; cook the onion in the hot oil until translucent, about 4 minutes.

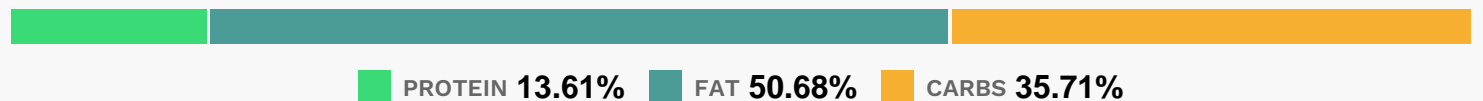
Add the sausage to the skillet and cook until completely browned, breaking the meat apart with the back of a wooden spoon as it cooks. Stir the garlic, mushrooms, and Italian seasoning into the sausage-and-onion mixture; continue cooking until the mushrooms are tender, another 4 to 5 minutes. Season with salt and pepper; transfer to the pot with the potatoes.

Place the large pot over low heat.

Pour the half-and-half over the mixture, stirring to mix. Allow the soup to slowly heat until hot and to your desired consistency.

Garnish with Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:14.81, Inflammation Score:-10, Nutrition Score:18.720434581456%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 362.6kcal (18.13%), Fat: 20.56g (31.63%), Saturated Fat: 7.19g (44.96%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 27.45g (9.98%), Sugar: 7.3g (8.11%), Cholesterol: 45.81mg (15.27%), Sodium: 549.32mg (23.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Vitamin A: 20077.79IU (401.56%), Vitamin B1: 0.47mg (31.16%), Selenium: 18.87µg (26.96%), Vitamin B6: 0.54mg (26.8%), Manganese: 0.49mg (24.7%), Potassium: 754.95mg (21.57%), Fiber: 5.15g (20.59%), Phosphorus: 198.76mg (19.88%), Vitamin B5: 1.89mg (18.88%), Vitamin B2: 0.32mg (18.56%), Vitamin B3: 3.71mg (18.56%), Copper: 0.36mg (18.24%), Magnesium: 50.82mg (12.7%), Zinc: 1.78mg (11.87%), Iron: 1.98mg (10.99%), Calcium: 97.15mg (9.72%), Vitamin B12: 0.57µg (9.49%), Vitamin K: 9.86µg (9.39%), Vitamin C: 6.76mg (8.19%), Folate: 30.16µg (7.54%), Vitamin E: 0.64mg (4.3%)