

Easy Sweet Potato Soup

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/sweet-potato-soup-indian-recipe>

Ingredients:

- 2 tablespoons olive oil
- 3 cloves garlic peeled, chopped
- 1 yellow onion medium, diced 1/2"
- 2 1/2 cups chicken stock
- 3 cups sweet potato packed baked, *see note 1, skin removed
- 1 tablespoon salt or to taste
- 1/2 teaspoon ground black pepper freshly
- 1/2 cup heavy cream
- 1/2 gluten
- 8 slices baguette

Nutrition:

1. Calories: 710 calories
2. Carbohydrate: 102 grams
3. Cholesterol: 55 milligrams
4. Fat: 24 grams
5. Fiber: 6 grams
6. Protein: 23 grams
7. SaturatedFat: 9 grams
8. Sodium: 2890 milligrams
9. Sugar: 12 grams

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