

Baking Potato Soup

 Vegetarian  Gluten Free  Low Fod Map

READY IN



50 min.

SERVINGS



10

CALORIES



155 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 0.5 teaspoon pepper black
- 4 large potatoes diced peeled
- 1 teaspoon salt
- 4.5 cups water divided
- 3 ounce frangelico white
- 3 ounce frangelico white

Equipment

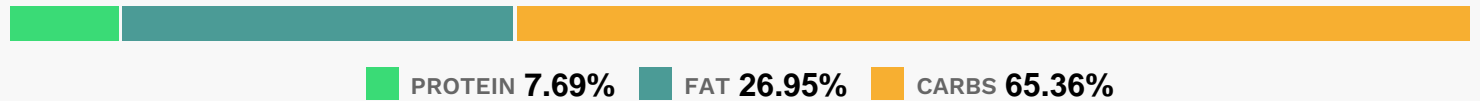
sauce pan

pot

Directions

- Place potatoes in a pot with water to cover. Bring to a boil, introduce butter, salt and pepper. Reduce heat to medium low and simmer until potatoes are tender, 10 to 20 minutes more.
- Meanwhile, prepare gravy mix. Bring 3 1/2 cups of water to a boil in a large saucepan.
- Combine the remaining cup of water with the gravy mix and stir to dissolve. Stir into boiling water.
- Drain potatoes and add to boiling gravy mix. Continue to boil 5 minutes more, adding water to thin if desired.
- Serve at once.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:18.89, Inflammation Score:-4, Nutrition Score:7.6056521832943%

Flavonoids

Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 154.59kcal (7.73%), Fat: 4.74g (7.29%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 22.58g (8.21%), Sugar: 1.16g (1.28%), Cholesterol: 12.2mg (4.07%), Sodium: 283.24mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin C: 29.08mg (35.25%), Vitamin B6: 0.44mg (21.79%), Potassium: 624.13mg (17.83%), Fiber: 3.27g (13.09%), Manganese: 0.24mg (11.96%), Copper: 0.18mg (8.9%), Magnesium: 35.3mg (8.83%), Phosphorus: 85.65mg (8.57%), Vitamin B1: 0.12mg (7.9%), Vitamin B3: 1.56mg (7.8%), Iron: 1.16mg (6.47%), Folate: 23.8µg (5.95%), Vitamin B5: 0.44mg (4.45%), Vitamin K: 3.37µg (3.21%), Zinc: 0.45mg (2.97%), Vitamin A: 145.32IU (2.91%), Vitamin B2: 0.05mg (2.9%), Calcium: 22.85mg (2.29%)