

Cajun Potato Soup

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds andouille sausage sliced into rounds
- ☐ 2 tablespoons butter
- ☐ 3 cups chicken broth
- ☐ 5 cloves garlic minced
- ☐ 1.8 cups heavy cream
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 2 cups milk
- ☐ 2 tablespoons olive oil

- ☐ 0.5 onion diced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 6 russet potatoes peeled cut into bite-sized pieces
- ☐ 1 bunch pkt spinach fresh chopped

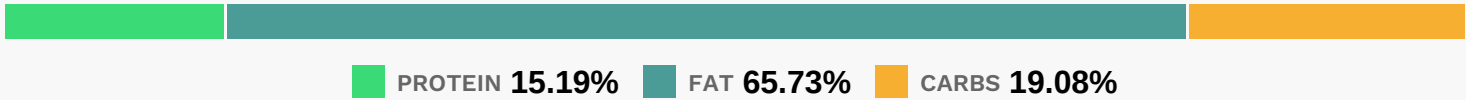
Equipment

- ☐ pot

Directions

- ☐ Heat the butter and oil together in a large stock pot over medium heat. Cook the onion and garlic in the butter and oil until the onions are translucent, about 5 minutes.
- ☐ Add the sausage slices; cook and stir another 5 minutes. Stir in the potatoes; cook and stir 15 minutes.
- ☐ Pour in the chicken broth, milk, heavy cream, and Italian seasoning. Bring to a simmer and cook 10 to 12 minutes until the potatoes are tender.
- ☐ Mix in the spinach.
- ☐ Remove from heat. Top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:22.23, Glycemic Load:16.2, Inflammation Score:-9, Nutrition Score:24.494782613671%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 532.99kcal (26.65%), Fat: 39.55g (60.84%), Saturated Fat: 17.32g (108.25%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 23.57g (8.57%), Sugar: 5.05g (5.61%), Cholesterol: 117.12mg (39.04%), Sodium:

937.86mg (40.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.13%), Vitamin K: 143.71µg (136.87%), Vitamin A: 3348.35IU (66.97%), Vitamin B6: 0.63mg (31.66%), Vitamin B3: 6.16mg (30.8%), Potassium: 985.62mg (28.16%), Selenium: 19.38µg (27.68%), Phosphorus: 266.16mg (26.62%), Manganese: 0.5mg (24.97%), Vitamin B1: 0.35mg (23.39%), Vitamin B2: 0.39mg (22.95%), Folate: 73.91µg (18.48%), Zinc: 2.73mg (18.17%), Vitamin C: 14.98mg (18.15%), Vitamin B12: 1.06µg (17.66%), Magnesium: 69.32mg (17.33%), Iron: 2.84mg (15.8%), Calcium: 151.62mg (15.16%), Vitamin E: 2.09mg (13.95%), Vitamin D: 2.07µg (13.81%), Vitamin B5: 1.16mg (11.57%), Copper: 0.22mg (11.09%), Fiber: 2.25g (9.01%)