



Caraway Potato Soup

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



188 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon caraway seeds
- 0.3 cup celery chopped
- 1 teaspoon chicken-flavored bouillon granules
- 10.5 ounce chicken broth low-sodium canned
- 1 teaspoon butter reduced-calorie
- 0.3 cup onion chopped
- 0.1 teaspoon pepper freshly ground
- 0.7 pound round potatoes diced red peeled

0.3 cup evaporated skimmed milk

Equipment

food processor

sauce pan

blender

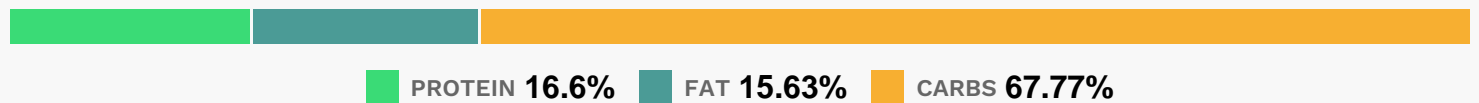
Directions

Combine first 6 ingredients in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes.

Add milk and margarine, stirring until margarine melts.

Transfer half of potato mixture to container of an electric blender or food processor; cover and process until smooth, stopping once to scrape down sides. Return pureed mixture to saucepan; add caraway seeds. Cook over medium heat until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:104, Glycemic Load:20.48, Inflammation Score:-5, Nutrition Score:11.823478372201%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 188.18kcal (9.41%), Fat: 3.4g (5.24%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 33.22g (11.07%), Net Carbohydrates: 28.94g (10.52%), Sugar: 4.63g (5.15%), Cholesterol: 1.36mg (0.45%), Sodium: 343.88mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Vitamin C: 31.88mg (38.65%), Vitamin B6: 0.52mg (26.16%), Potassium: 914.07mg (26.12%), Phosphorus: 191.47mg (19.15%), Vitamin B3: 3.81mg (19.04%), Fiber: 4.28g (17.12%), Manganese: 0.3mg (15.09%), Copper: 0.26mg (13.15%), Magnesium: 47.98mg (12%), Vitamin B1: 0.16mg (10.73%), Vitamin B2: 0.17mg (9.9%), Calcium: 97.71mg (9.77%), Iron: 1.74mg (9.69%), Folate: 33.82µg

(8.45%), Vitamin B5: 0.66mg (6.59%), Vitamin K: 6.86µg (6.53%), Vitamin B12: 0.39µg (6.52%), Zinc: 0.88mg (5.86%), Vitamin A: 237.17IU (4.74%), Vitamin D: 0.45µg (2.99%), Selenium: 1.83µg (2.61%), Vitamin E: 0.16mg (1.08%)