



## Cheddar-Potato Soup

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup celery diced
- 1 teaspoon mustard dry
- 0.3 teaspoon ground pepper white
- 4 servings hot sauce
- 2 teaspoons olive oil
- 1 cup onion diced
- 2 cups potatoes mashed
- 0.5 teaspoon salt

- 8 ounces cheddar shredded
- 6 cups vegetable broth reduced-sodium

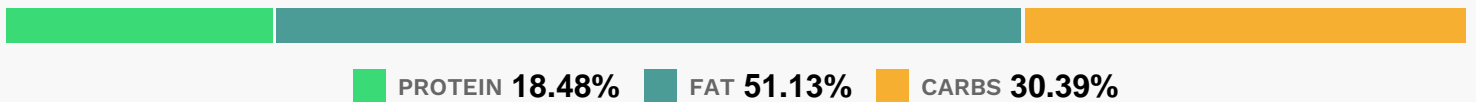
## Equipment

- pot
- blender
- immersion blender

## Directions

- Watch how to make this recipe.
- Add oil to a large pot set over medium-high heat.
- Add onion and celery and saute for 2 to 3 minutes, or until they start to soften.
- Add stock and mashed potatoes and bring to a simmer.
- Using a hand blender or regular blender, puree soup until smooth (when using a regular blender, work in batches to prevent messy cleanups!).
- Add Cheddar, salt, white pepper, dry mustard and hot sauce. Stir to combine and allow the cheese to melt.

## Nutrition Facts



## Properties

Glycemic Index:42.44, Glycemic Load:14.74, Inflammation Score:-7, Nutrition Score:14.862608723018%

## Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

## Nutrients (% of daily need)

Calories: 374.82kcal (18.74%), Fat: 21.64g (33.29%), Saturated Fat: 11.23g (70.17%), Carbohydrates: 28.94g (9.65%), Net Carbohydrates: 23.94g (8.71%), Sugar: 4.59g (5.1%), Cholesterol: 56.7mg (18.9%), Sodium: 692.35mg (30.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.6g (35.2%), Calcium: 434.63mg (43.46%), Phosphorus: 341.56mg (34.16%), Vitamin C: 24.56mg (29.77%), Selenium: 17.71µg (25.3%), Vitamin B6: 0.42mg (20.89%), Fiber: 5g (20%), Vitamin B2: 0.31mg (18.26%), Potassium: 613.76mg (17.54%), Zinc: 2.52mg (16.79%), Vitamin A: 684.71IU (13.69%), Manganese: 0.26mg (13.12%), Magnesium: 48.21mg (12.05%), Vitamin K: 12.15µg (11.57%), Folate: 46.23µg (11.56%), Vitamin B12: 0.6µg (10.02%), Vitamin B1: 0.13mg (8.55%), Copper: 0.16mg (8.06%), Vitamin B5: 0.66mg (6.6%), Vitamin B3: 1.29mg (6.44%), Iron: 1.12mg (6.24%), Vitamin E: 0.83mg (5.5%), Vitamin D: 0.34µg (2.27%)