



Cheesiest Potato Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



388 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 3 cups chicken broth
- 0.3 teaspoon dill dried
- 0.1 teaspoon ground pepper
- 0.3 teaspoon pepper black
- 1 cup cup heavy whipping cream
- 1 cup onion diced
- 2.5 cups potatoes diced peeled

- 0.3 teaspoon salt
- 1.8 cups sharp cheddar cheese shredded

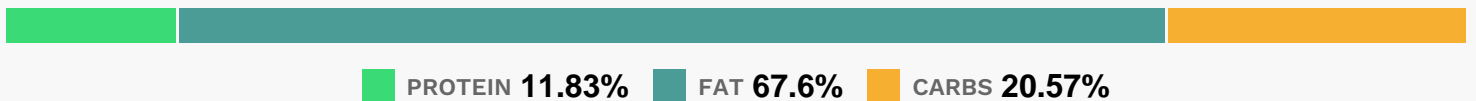
Equipment

- food processor
- sauce pan
- pot
- blender
- immersion blender

Directions

- In a large saucepan over medium heat, melt butter. Cook onion in butter until softened. Stir in potatoes and broth, bring to a boil, then cover, reduce heat and simmer 15 to 20 minutes, until potatoes are tender.
- Puree potato mixture in a blender or food processor or using an immersion blender; return to pot over medium heat. Stir in cream, cheese, dill, pepper, salt and cayenne. Bring to a low boil and cook, stirring, until thickened, 5 minutes.

Nutrition Facts



Properties

Glycemic Index:41.96, Glycemic Load:11.97, Inflammation Score:-7, Nutrition Score:11.590869675512%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 388.34kcal (19.42%), Fat: 29.67g (45.65%), Saturated Fat: 17.9g (111.89%), Carbohydrates: 20.33g (6.78%), Net Carbohydrates: 17.91g (6.51%), Sugar: 3.59g (3.99%), Cholesterol: 90.17mg (30.06%), Sodium: 795.52mg (34.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.36%), Calcium: 282.88mg (28.29%),

Phosphorus: 237.86mg (23.79%), Vitamin C: 19.5mg (23.64%), Vitamin A: 1054.83IU (21.1%), Vitamin B2: 0.33mg (19.22%), Vitamin B6: 0.33mg (16.44%), Selenium: 11.44µg (16.34%), Potassium: 495.98mg (14.17%), Manganese: 0.24mg (11.97%), Zinc: 1.69mg (11.29%), Fiber: 2.42g (9.67%), Magnesium: 36.13mg (9.03%), Vitamin B1: 0.13mg (8.34%), Vitamin B12: 0.44µg (7.4%), Copper: 0.14mg (6.97%), Folate: 27.77µg (6.94%), Vitamin B3: 1.26mg (6.3%), Vitamin D: 0.83µg (5.55%), Vitamin B5: 0.55mg (5.46%), Vitamin E: 0.79mg (5.3%), Iron: 0.95mg (5.26%), Vitamin K: 4.33µg (4.12%)