



Cheesy Potato Florentine Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 3 ounces cheddar cheese reduced-fat
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 2 cups hash brown potatoes frozen southern-style thawed
- ☐ 2 cups leek thinly sliced (2 large)
- ☐ 0.8 cup milk 1% low-fat
- ☐ 2 teaspoons butter
- ☐ 0.1 teaspoon salt

- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped
- ☐ 1.5 cups water

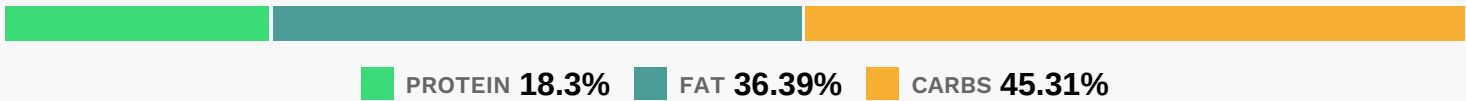
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Melt the margarine in a large saucepan over medium-high heat.
- ☐ Add the sliced leek, and saut 4 minutes.
- ☐ Add the hash brown potatoes and next 5 ingredients (potatoes through spinach). Bring to a boil; reduce heat, and simmer 5 minutes, stirring occasionally.
- ☐ Place half of potato mixture in a food processor or blender, and process until smooth.
- ☐ Pour pured potato mixture into a large bowl. Repeat procedure with remaining potato mixture. Return pured potato mixture to pan. Stir in cheese and milk; cook 1 minute or until thoroughly heated and cheese melts.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:7.23, Inflammation Score:-10, Nutrition Score:26.214347860088%

Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 262.24kcal (13.11%), Fat: 11.05g (16.99%), Saturated Fat: 4.97g (31.06%), Carbohydrates: 30.95g (10.32%), Net Carbohydrates: 26.6g (9.67%), Sugar: 4.63g (5.15%), Cholesterol: 23.47mg (7.82%), Sodium: 805.25mg (35.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.99%), Vitamin K: 285.22µg (271.64%), Vitamin A: 9442.02IU (188.84%), Manganese: 0.89mg (44.52%), Folate: 141.97µg (35.49%), Calcium: 342.53mg (34.25%), Phosphorus: 255.76mg (25.58%), Magnesium: 90.42mg (22.61%), Vitamin C: 17.85mg (21.64%), Vitamin B2: 0.37mg (21.61%), Potassium: 747.22mg (21.35%), Selenium: 14.46µg (20.65%), Iron: 3.5mg (19.46%), Vitamin B6: 0.37mg (18.72%), Vitamin E: 2.71mg (18.07%), Fiber: 4.34g (17.37%), Vitamin B1: 0.23mg (15.65%), Copper: 0.3mg (15.17%), Vitamin B3: 2.98mg (14.9%), Vitamin B12: 0.72µg (12.08%), Zinc: 1.67mg (11.16%), Vitamin B5: 0.85mg (8.55%), Vitamin D: 0.61µg (4.1%)