

Cream of Potato Soup I

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 baking potatoes peeled chopped
- 2 carrots cut into 1 inch pieces
- 4 stalks celery tops
- 8 cups chicken broth
- 12 fluid ounce evaporated milk canned
- 0.5 teaspoon ground pepper white
- 0.3 cup butter
- 1 onion chopped

1 teaspoon salt

Equipment

food processor

pot

blender

Directions

In a stock pot, saute onion in butter until yellow and soft.

Add chicken stock, carrots, celery tops and potatoes. Stir in salt and white pepper. Bring to a boil and then reduce heat and cook until vegetables are tender enough to easily pierce with a fork.

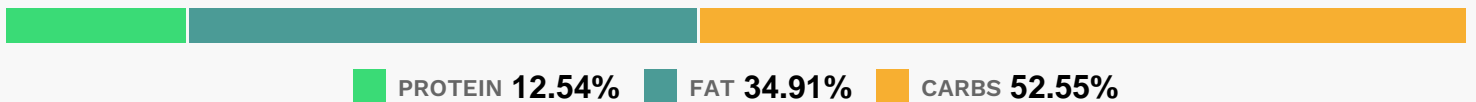
Remove carrots and celery tops and discard.

Add evaporated milk and heat through.

Using a food processor or blender, puree soup in small batches. Return to stock pot and keep over low heat until ready to serve, making sure soup does not scorch if not serving immediately.

Garnish with chives and serve.

Nutrition Facts



Properties

Glycemic Index:23.82, Glycemic Load:19.78, Inflammation Score:-9, Nutrition Score:13.439565132494%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 245.07kcal (12.25%), Fat: 9.75g (15%), Saturated Fat: 3.31g (20.66%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 30.29g (11.01%), Sugar: 7.86g (8.74%), Cholesterol: 17.56mg (5.85%), Sodium: 1310.18mg (56.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Vitamin A: 3003.52IU (60.07%), Vitamin B6: 0.53mg (26.73%), Potassium: 855.83mg (24.45%), Vitamin B2: 0.35mg (20.56%), Manganese: 0.39mg (19.3%), Phosphorus: 188.64mg (18.86%), Calcium: 161.31mg (16.13%), Vitamin B1: 0.2mg (13.38%), Vitamin C: 11.01mg (13.34%), Magnesium: 49.35mg (12.34%), Vitamin B3: 2.21mg (11.05%), Fiber: 2.74g (10.98%), Vitamin K: 10.59µg (10.09%), Copper: 0.2mg (10%), Folate: 34.98µg (8.74%), Iron: 1.53mg (8.49%), Vitamin B5: 0.82mg (8.19%), Zinc: 0.98mg (6.53%), Selenium: 2.66µg (3.8%), Vitamin E: 0.56mg (3.7%), Vitamin B12: 0.13µg (2.08%)