



Cream of Potato Soup II

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



262 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 bay leaves
- ☐ 1 pound carrots chopped
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 stalk celery chopped
- ☐ 5 cubes chicken bouillon
- ☐ 5 cloves garlic minced
- ☐ 1 bell pepper green chopped
- ☐ 3 tablespoons ground pepper black

- ☐ 1 cup heavy whipping cream
- ☐ 3 onions chopped
- ☐ 5 pounds potatoes cubed peeled
- ☐ 1 tablespoon salt
- ☐ 2 cups skim milk

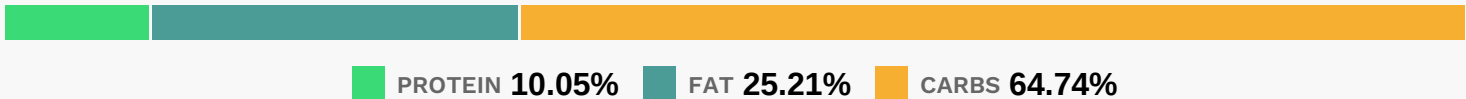
Equipment

- ☐ pot
- ☐ hand mixer

Directions

- ☐ In a large stock pot boil potatoes in water until tender.
- ☐ Drain all water, reserving 2 cups.
- ☐ Mix potatoes and 2 cups reserved water with a hand mixer until slightly lumpy.
- ☐ Add cream, milk, carrots, celery, onions, garlic, green bell pepper, chicken bouillon cubes, bay leaves, pepper, salt and season with red pepper.
- ☐ Let simmer for 3 to 4 hours, covered, stirring every 1/2 hour. Periodically add milk if too soup is becoming to thick. Once heated through and vegetables are tender, serve.

Nutrition Facts



Properties

Glycemic Index:27.24, Glycemic Load:26.95, Inflammation Score:-10, Nutrition Score:19.582608689433%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 261.65kcal (13.08%), Fat: 7.57g (11.64%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 37.41g (13.61%), Sugar: 7.38g (8.2%), Cholesterol: 23.64mg (7.88%), Sodium: 647.15mg (28.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.57%), Vitamin A: 6772.8IU (135.46%), Vitamin C: 50.13mg (60.76%), Vitamin B6: 0.72mg (35.97%), Potassium: 1095.9mg (31.31%), Manganese: 0.61mg (30.61%), Fiber: 6.33g (25.32%), Phosphorus: 191.36mg (19.14%), Magnesium: 61.4mg (15.35%), Vitamin B1: 0.23mg (15.08%), Copper: 0.27mg (13.35%), Vitamin K: 13.55µg (12.9%), Vitamin B3: 2.54mg (12.72%), Calcium: 120.36mg (12.04%), Folate: 46.83µg (11.71%), Vitamin B2: 0.19mg (11.17%), Iron: 1.89mg (10.51%), Vitamin B5: 0.94mg (9.39%), Zinc: 0.97mg (6.47%), Vitamin D: 0.77µg (5.11%), Vitamin B12: 0.27µg (4.48%), Vitamin E: 0.53mg (3.54%), Selenium: 2.43µg (3.47%)