



Creamy German Potato Soup - Kartoffelsuppe

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 carrots cubed peeled
- 0.5 celery root cubed peeled (celery root)
- 0.3 bunch parsley fresh chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground pepper black
- 1 cup half-and-half
- 4 hot dogs sliced
- 2 onions halved

- 2 pounds potatoes cubed peeled
- 2 teaspoons salt
- 4 tomatoes seeded chopped
- 2 tablespoons vegetable oil
- 8 cups vegetable stock

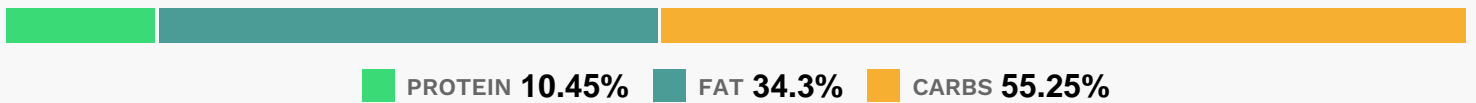
Equipment

- bowl
- ladle
- pot
- blender

Directions

- Heat vegetable oil in large pot over medium heat; cook and stir onions, carrots, and celeriac until beginning to soften, about 5 minutes. Stir in potatoes and vegetable stock. Simmer until potatoes are tender, 15 to 20 minutes.
- Add parsley and blend potato mixture with a stick blender until soup is smooth. Stir half-and-half, salt, black pepper, and cumin into soup.
- Ladle soup in bowls and garnish with tomatoes and hot dogs.

Nutrition Facts



Properties

Glycemic Index:62.1, Glycemic Load:26.4, Inflammation Score:-10, Nutrition Score:25.26565220045%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 6.43mg, Apigenin: 6.43mg, Apigenin: 6.43mg, Apigenin: 6.43mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg

Nutrients (% of daily need)

Calories: 362.56kcal (18.13%), Fat: 14.28g (21.96%), Saturated Fat: 5.23g (32.69%), Carbohydrates: 51.74g (17.25%), Net Carbohydrates: 45.06g (16.39%), Sugar: 11.08g (12.31%), Cholesterol: 27.62mg (9.21%), Sodium: 2343.09mg (101.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.58%), Vitamin A: 5100.01IU (102%), Vitamin K: 82.76µg (78.82%), Vitamin C: 52.84mg (64.05%), Vitamin B6: 0.71mg (35.64%), Potassium: 1232.73mg (35.22%), Manganese: 0.57mg (28.72%), Fiber: 6.68g (26.7%), Phosphorus: 257.49mg (25.75%), Vitamin B1: 0.3mg (19.82%), Vitamin B3: 3.91mg (19.56%), Magnesium: 71.67mg (17.92%), Folate: 71.26µg (17.82%), Iron: 3.05mg (16.97%), Vitamin B2: 0.28mg (16.73%), Copper: 0.31mg (15.58%), Selenium: 10.32µg (14.74%), Calcium: 123.47mg (12.35%), Zinc: 1.68mg (11.19%), Vitamin B5: 1.1mg (10.99%), Vitamin E: 1.3mg (8.66%), Vitamin B12: 0.23µg (3.88%)