



Creamy Irish Potato Soup

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

5

CALORIES

calories

192 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 stalk celery sliced
- ☐ 1.8 cups chicken broth organic swanson® regular, Natural or Certified
- ☐ 4 green onions sliced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1.5 cups milk
- ☐ 3 medium potatoes peeled sliced

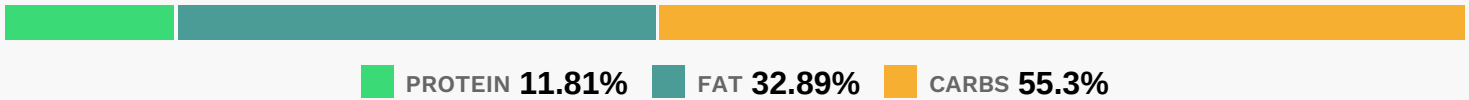
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat butter in saucepan.
- ☐ Add onions and celery and cook until tender.
- ☐ Add broth, black pepper and potatoes.
- ☐ Heat to a boil. Cover and cook over low heat 15 minutes or until potatoes are tender.
- ☐ Place half the broth mixture and half the milk in blender or food processor. Cover and blend until smooth. Repeat with remaining broth mixture and remaining milk. Return to saucepan.
- ☐ Heat through.

Nutrition Facts



Properties

Glycemic Index:43.55, Glycemic Load:17.83, Inflammation Score:-6, Nutrition Score:11.132608838703%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 191.84kcal (9.59%), Fat: 7.17g (11.03%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 23.93g (8.7%), Sugar: 5.2g (5.78%), Cholesterol: 10.43mg (3.48%), Sodium: 401.39mg (17.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.59%), Vitamin C: 27.24mg (33.02%), Vitamin K: 24.95µg (23.76%), Vitamin B6: 0.43mg (21.7%), Potassium: 712.96mg (20.37%), Phosphorus: 156.91mg (15.69%), Manganese: 0.27mg (13.31%), Fiber: 3.2g (12.81%), Calcium: 120.68mg (12.07%), Vitamin B2: 0.2mg (12.05%), Vitamin B1: 0.17mg (11.21%), Magnesium: 42.05mg (10.51%), Vitamin A: 455IU (9.1%), Vitamin B3: 1.68mg (8.41%), Copper: 0.16mg (8.13%), Folate: 29.54µg (7.38%), Vitamin B12: 0.42µg (6.96%), Vitamin B5: 0.69mg (6.91%), Iron: 1.22mg (6.76%), Vitamin D: 0.81µg (5.37%), Zinc: 0.78mg (5.18%), Selenium: 2.2µg (3.14%), Vitamin E: 0.33mg (2.21%)