



## Creamy, Light Potato Soup

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound baking potatoes cubed peeled ( 2)
- 1 bay leaves
- 0.8 teaspoon pepper black divided freshly ground
- 1 pound cauliflower cut into florets ( 1/2 head)
- 5 cups chicken stock see unsalted (such as Swanson)
- 1 teaspoon thyme sprigs fresh chopped
- 5 garlic clove chopped
- 0.8 cup spring onion divided chopped

- 1 teaspoon kosher salt divided
- 0.5 cup lillet blanc fat-free sour (such as Vermont Creamery)
- 1.5 cups milk 2% reduced-fat
- 1.5 tablespoons olive oil extra virgin extra-virgin divided
- 1 cup onion chopped
- 0.5 cup sharp cheddar cheese grated
- 4 slices bacon crumbled cooked
- 1 pound yukon gold potatoes cubed ( 4)

## Equipment

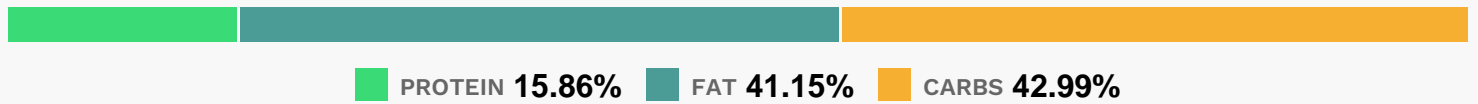
- bowl
- frying pan
- ladle
- oven
- blender
- dutch oven

## Directions

- Preheat oven to 45
- Heat a large Dutch oven over medium-high heat.
- Add 1 1/2 teaspoons oil to pan; swirl to coat.
- Add onion, thyme, and garlic; saut 5 minutes or until tender, stirring occasionally.
- Add potatoes, stock, 1/2 teaspoon salt, and bay leaf; bring to a boil. Cover, reduce heat, and simmer 35 minutes or until potatoes are very tender, stirring occasionally.
- Remove from heat; discard bay leaf.
- While potatoes simmer, combine remaining 1 tablespoon oil, cauliflower, 1/4 teaspoon salt, and 1/4 teaspoon pepper on a jelly-roll pan coated with cooking spray; toss to coat. Roast at 450 for 30 minutes or until browned, turning once.
- Place cauliflower mixture and milk in a blender.

- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening (to avoid splatters). Blend until smooth.
- Pour cauliflower mixture into a large bowl.
- Add half of potato mixture to blender; pulse 5 to 6 times or until coarsely chopped.
- Pour into bowl with cauliflower mixture. Repeat with remaining potato mixture.
- Place cauliflower-potato mixture in Dutch oven over medium heat. Stir in remaining 1/4 teaspoon salt, remaining 1/2 teaspoon pepper, 1/2 cup green onions, and fromage blanc; stir until fromage blanc melts. Ladle soup into 8 bowls. Top evenly with remaining green onions, cheese, and bacon.

## Nutrition Facts



## Properties

Glycemic Index:49.19, Glycemic Load:16.66, Inflammation Score:-7, Nutrition Score:17.01913038544%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

## Nutrients (% of daily need)

Calories: 343.86kcal (17.19%), Fat: 15.16g (23.32%), Saturated Fat: 5.27g (32.93%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 31.81g (11.57%), Sugar: 8.86g (9.85%), Cholesterol: 26.98mg (8.99%), Sodium: 717.31mg (31.19%), Alcohol: 2.51g (100%), Alcohol %: 0.72% (100%), Protein: 13.15g (26.3%), Vitamin C: 46.35mg (56.18%), Vitamin B6: 0.68mg (34.14%), Vitamin K: 32.85µg (31.29%), Potassium: 971.96mg (27.77%), Phosphorus: 240.64mg (24.06%), Vitamin B3: 4.7mg (23.51%), Vitamin B2: 0.34mg (20.15%), Manganese: 0.37mg (18.73%), Folate: 70.55µg (17.64%), Vitamin B1: 0.26mg (17.34%), Selenium: 11.19µg (15.99%), Fiber: 3.83g (15.31%), Calcium: 151.98mg (15.2%), Magnesium: 54.61mg (13.65%), Copper: 0.26mg (13.03%), Vitamin B5: 1.05mg (10.5%), Iron: 1.87mg (10.41%), Zinc: 1.48mg (9.84%), Vitamin B12: 0.4µg (6.66%), Vitamin A: 236.48IU (4.73%), Vitamin E: 0.68mg (4.55%)