



Creamy Mashed Potato and Leek Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bulb fennel cut into 1/4-inch pieces, plus 2 tablespoons of the fronds
- ☐ 6 servings kosher salt
- ☐ 3 leeks cut into 1/4-inch pieces
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 3 cups potatoes mashed

Equipment

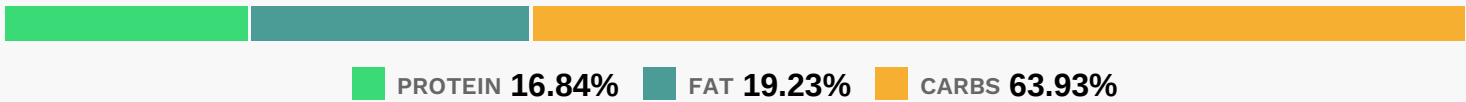
- ☐ bowl

- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Heat the oil in a large pot over medium heat.
- ☐ Add the leeks, fennel pieces, and 1/4 teaspoon salt and cook, stirring occasionally, until soft, 8 to 10 minutes.
- ☐ Add the mashed potatoes and broth and simmer over medium heat, stirring occasionally, until heated through, 4 to 6 minutes. Puree in the pot using a handheld immersion blender (or, working in batches, in a standard blender). Ladle into bowls and sprinkle with the fennel fronds.
- ☐ Serve with the crisps (if using). Tip: This soup is great with other leftover vegetables. Try adding cooked carrots or parsnips before pureeing, or stir in peas at the end.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:15.93, Inflammation Score:-7, Nutrition Score:14.181739133337%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg, Kaempferol: 2.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 178.47kcal (8.92%), Fat: 4.06g (6.24%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 26.02g (9.46%), Sugar: 4.39g (4.88%), Cholesterol: 0mg (0%), Sodium: 300.12mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.98%), Vitamin K: 48.81µg (46.48%), Vitamin C: 30.7mg (37.22%), Potassium: 886.63mg (25.33%), Vitamin B3: 4.77mg (23.84%), Vitamin B6: 0.46mg (22.77%), Manganese: 0.45mg (22.48%), Fiber: 4.32g (17.28%), Phosphorus: 165.73mg (16.57%), Vitamin A: 796.17IU (15.92%), Copper: 0.31mg (15.65%), Iron: 2.55mg (14.16%), Folate: 55.81µg (13.95%), Magnesium: 45.6mg (11.4%), Vitamin B2: 0.13mg (7.66%), Vitamin B1: 0.11mg (7.64%), Calcium: 67.55mg (6.75%), Vitamin E: 0.98mg (6.55%), Vitamin B5: 0.46mg

(4.64%), Zinc: 0.67mg (4.48%), Vitamin B12: 0.24µg (3.93%), Selenium: 1.03µg (1.48%)