



Creamy Onion-and-Potato Soup

READY IN



45 min.

SERVINGS



7

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 29 ounce chicken broth canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 garlic clove pressed
- ☐ 1 bunch green onions sliced
- ☐ 1 cup milk
- ☐ 1 large onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 3 large potatoes cubed peeled

☐ 0.1 teaspoon salt

Equipment

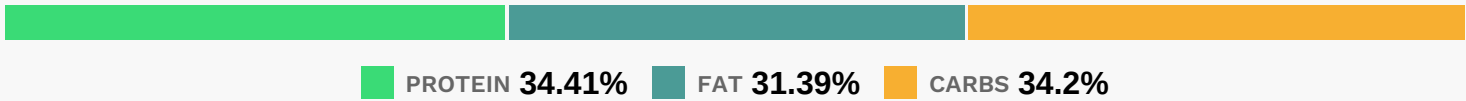
☐ whisk

☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over low heat, and whisk in all-purpose flour until smooth. Cook, whisking constantly, 1 minute.
- ☐ Whisk in chopped onion and pressed garlic, and cook 1 minute. Gradually whisk in chicken broth until blended.
- ☐ Add cubed potato and next 3 ingredients. Bring mixture to a boil; cover, reduce heat, and simmer, stirring often, 15 minutes or until cubed potato is tender. Stir in milk, and cook until soup is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:45.39, Glycemic Load:22.57, Inflammation Score:-6, Nutrition Score:17.238695476366%

Flavonoids

Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 407.01kcal (20.35%), Fat: 14.04g (21.61%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 34.42g (11.47%), Net Carbohydrates: 30.41g (11.06%), Sugar: 3.91g (4.34%), Cholesterol: 62.91mg (20.97%), Sodium: 669.62mg (29.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.64g (69.29%), Vitamin C: 33.53mg (40.64%), Vitamin B6: 0.75mg (37.28%), Selenium: 23.67µg (33.81%), Phosphorus: 316.53mg (31.65%), Potassium: 945.16mg (27%), Zinc: 3.61mg (24.06%), Vitamin B3: 4.7mg (23.48%), Vitamin B12: 1.37µg (22.78%), Magnesium: 66.52mg (16.63%), Iron: 2.97mg (16.5%), Fiber: 4.02g (16.07%), Manganese: 0.31mg (15.37%), Vitamin B2: 0.24mg (13.96%), Vitamin K: 13.12µg (12.5%), Copper: 0.25mg (12.32%), Vitamin B1: 0.18mg (11.73%), Folate: 37.9µg (9.48%), Vitamin A: 445.64IU (8.91%), Calcium: 88.33mg (8.83%), Vitamin B5: 0.64mg (6.43%), Vitamin E: 0.56mg (3.72%), Vitamin D:

0.5µg (3.34%)