



Creamy Potato And Garlic Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds baking potatoes peeled cut into 1/2-inch pieces
- ☐ 1 cup croutons plain
- ☐ 3 cups chicken broth fat-free reduced-sodium
- ☐ 1.5 cups milk fat-free
- ☐ 4 large garlic cloves
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 0.1 teaspoon pepper

☐ 0.5 teaspoon salt

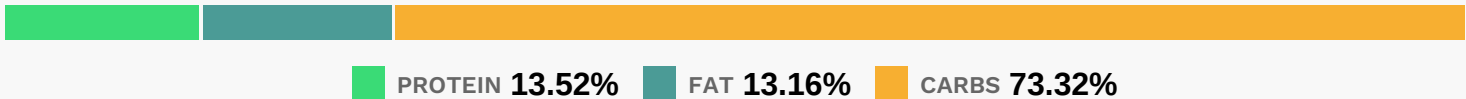
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion; cook, stirring constantly, 4 minutes or until tender. Stir in potato, garlic, and broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Add milk; cook 4 minutes, stirring frequently. Stir in salt and pepper.
- ☐ Place one-third of potato mixture in a food processor or blender; process until smooth.
- ☐ Pour pured mixture into a large bowl; repeat procedure twice with remaining potato mixture. Ladle soup into individual bowls; top evenly with croutons.
- ☐ Sprinkle each serving with additional pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:38.95, Inflammation Score:-6, Nutrition Score:16.949999881827%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 307.31kcal (15.37%), Fat: 4.62g (7.1%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 57.86g (19.29%), Net Carbohydrates: 53.43g (19.43%), Sugar: 8.88g (9.86%), Cholesterol: 2.76mg (0.92%), Sodium: 1091.36mg (47.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.35%), Vitamin B6: 0.97mg (48.55%), Potassium: 1260.1mg (36%), Manganese: 0.55mg (27.57%), Phosphorus: 272.49mg (27.25%), Vitamin C: 18.3mg (22.19%), Vitamin B1: 0.33mg (21.98%), Vitamin B3: 3.9mg (19.52%), Magnesium: 74.08mg (18.52%), Calcium: 182.99mg (18.3%), Fiber: 4.43g (17.72%), Vitamin B2: 0.27mg (15.94%), Copper: 0.31mg (15.67%), Iron: 2.7mg (15%), Vitamin B12: 0.87µg (14.56%), Selenium: 10.03µg (14.33%), Folate: 56.69µg (14.17%), Vitamin B5: 1.34mg (13.4%), Zinc: 1.31mg (8.73%), Vitamin D: 1.01µg (6.74%), Vitamin K: 6.58µg (6.27%), Vitamin A: 191.5IU (3.83%), Vitamin E: 0.54mg (3.61%)