



## Creamy Potato-and-Leek Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



116 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 bay leaf
- 0.1 teaspoon pepper black
- 1 tablespoon canola oil
- 1 cup parsley fresh divided chopped
- 1 teaspoon thyme leaves fresh chopped
- 6 cups leek thinly sliced ( 3 large)
- 1.5 cups potatoes red peeled thinly sliced quartered
- 0.8 teaspoon salt

- 6 ounces spicy tofu firm reduced-fat
- 4 cups water

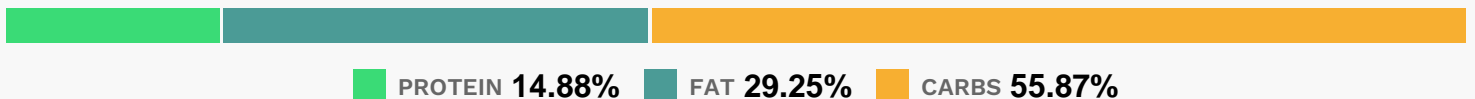
## Equipment

- food processor
- frying pan
- blender
- dutch oven

## Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Add leek, and saut 5 minutes. Reduce heat to medium; add potato, 1/2 cup parsley, thyme, salt, and bay leaf. Cook 15 minutes, stirring occasionally.
- Add water, and bring to a boil. Cover, reduce heat, and simmer 20 minutes. Discard bay leaf.
- Combine 2 cups potato mixture and tofu in a blender or food processor, and process until smooth. Return the pured potato mixture to pan. Stir in 1/2 cup parsley and pepper. Cook for 5 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:3.71, Inflammation Score:-9, Nutrition Score:14.313043464785%

## Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg, Myricetin: 1.68mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 115.95kcal (5.8%), Fat: 3.96g (6.09%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 14.49g (5.27%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 326.52mg (14.2%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.07%), Vitamin K: 208.11µg (198.2%), Vitamin A: 2344.44IU (46.89%), Vitamin C: 26.13mg (31.68%), Manganese: 0.48mg (24.18%), Folate: 75.72µg (18.93%), Iron: 3.04mg (16.88%), Vitamin B6: 0.25mg (12.49%), Calcium: 110.21mg (11.02%), Fiber: 2.54g (10.16%), Magnesium: 36.25mg (9.06%), Copper: 0.17mg (8.74%), Vitamin E: 1.3mg (8.7%), Potassium: 303.64mg (8.68%), Vitamin B1: 0.08mg (5.16%), Phosphorus: 48.83mg (4.88%), Vitamin B3: 0.71mg (3.55%), Vitamin B2: 0.04mg (2.59%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.3mg (2%), Selenium: 1µg (1.42%)