

# Creamy Potato and Leek Soup

 **Gluten Free**

READY IN



**40 min.**

SERVINGS



**4**

CALORIES



**785 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce chicken broth canned
- 1.5 cups cup heavy whipping cream
- 2 leek chopped
- 2 teaspoons butter
- 6 potatoes cubed peeled

## Equipment

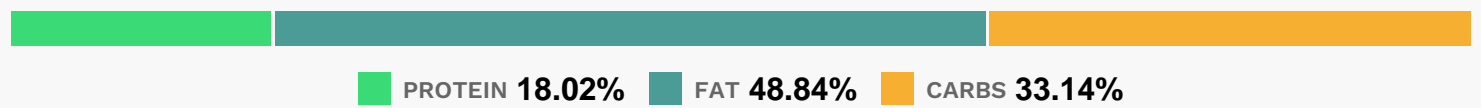
- frying pan
- pot

potato masher

## Directions

- In a medium pot over medium heat, combine the potatoes and broth and allow to simmer for 20 minutes, or until potatoes are tender.
- In a separate skillet over medium heat, saute the leeks in the butter or margarine for 5 to 10 minutes, or until tender.
- Add the leeks and the cream to the potatoes and stir well. (Note: This is the point I like to take a potato masher and slightly thicken the soup.)

## Nutrition Facts



## Properties

Glycemic Index:28.94, Glycemic Load:42.63, Inflammation Score:-9, Nutrition Score:29.420434785926%

## Flavonoids

Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

## Nutrients (% of daily need)

Calories: 784.7kcal (39.24%), Fat: 42.98g (66.12%), Saturated Fat: 23.36g (145.99%), Carbohydrates: 65.62g (21.87%), Net Carbohydrates: 57.79g (21.01%), Sugar: 6.83g (7.59%), Cholesterol: 152.24mg (50.75%), Sodium: 571.08mg (24.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.68g (71.36%), Vitamin C: 68.82mg (83.42%), Vitamin B6: 1.27mg (63.65%), Potassium: 1668.27mg (47.66%), Vitamin A: 2331.5IU (46.63%), Phosphorus: 407.26mg (40.73%), Manganese: 0.7mg (35.19%), Selenium: 22.99µg (32.84%), Fiber: 7.83g (31.32%), Vitamin K: 32.21µg (30.67%), Vitamin B3: 6.07mg (30.35%), Magnesium: 111.79mg (27.95%), Iron: 4.85mg (26.95%), Zinc: 3.76mg (25.09%), Copper: 0.46mg (22.98%), Vitamin B2: 0.39mg (22.77%), Folate: 85.25µg (21.31%), Vitamin B1: 0.3mg (20.03%), Vitamin B12: 1.17µg (19.55%), Calcium: 138.64mg (13.86%), Vitamin B5: 1.24mg (12.38%), Vitamin E: 1.67mg (11.13%), Vitamin D: 1.53µg (10.21%)