



Creamy Potato-Apple Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apple cider
- ☐ 1.5 oz cheese blue crumbled
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons chives fresh minced
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.8 cup milk 1% low-fat ()
- ☐ 1 teaspoon olive oil

- ☐ 8 oz onion peeled chopped
- ☐ 4 servings bell pepper
- ☐ 2 pounds thin-skinned potatoes peeled cut into 1/2-inch chunks
- ☐ 0.5 teaspoon salt
- ☐ 8 oz baking apples are apples that have a sweet-tart balance and hold their shape when such as fuji, peeled, cored, and sliced
- ☐ 2 slices at least of turkey bacon chopped (1 oz. total)

Equipment

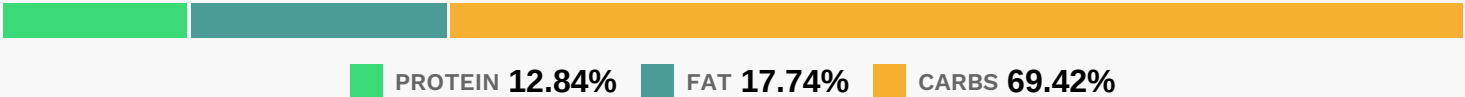
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ In a 5- to 6-quart nonstick pan over high heat, stir bacon until browned, 3 to 4 minutes. With a slotted spoon, transfer bacon to paper towels to drain.
- ☐ Add oil to pan; when hot, add onion, apple, and garlic. Stir often over medium heat until onion is very limp and beginning to brown, about 20 minutes.
- ☐ Add wine and stir until evaporated, 3 to 4 minutes.
- ☐ Add potatoes, 1/2 teaspoon salt, and 3 1/2 cups water; bring to a boil over high heat, then reduce heat, cover, and simmer, stirring occasionally, until potatoes mash easily, 25 to 30 minutes.
- ☐ Meanwhile, in a 1- to 2-quart pan over high heat, boil apple cider until reduced to 1/4 cup, 8 to 15 minutes.
- ☐ Add milk to potato mixture and, working in batches, whirl in a blender or food processor until smooth. Return to pan over low heat and stir in apple cider, cheese, nutmeg, and salt and pepper to taste. Stir often just until hot, 2 to 3 minutes. Ladle into bowls and top with chives

and bacon.

Nutrition Facts



Properties

Glycemic Index:79.69, Glycemic Load:7.08, Inflammation Score:-10, Nutrition Score:23.921739163606%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 7.13mg, Epicatechin: 7.13mg, Epicatechin: 7.13mg, Epicatechin: 7.13mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 2.94mg, Isorhamnetin: 2.94mg, Isorhamnetin: 2.94mg, Isorhamnetin: 2.94mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 364.09kcal (18.2%), Fat: 7.26g (11.16%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 63.87g (21.29%), Net Carbohydrates: 55.93g (20.34%), Sugar: 22.49g (24.99%), Cholesterol: 17.05mg (5.68%), Sodium: 640.11mg (27.83%), Alcohol: 1.54g (100%), Alcohol %: 0.35% (100%), Protein: 11.81g (23.62%), Vitamin C: 123.31mg (149.46%), Vitamin A: 2614.15IU (52.28%), Potassium: 1535.98mg (43.89%), Vitamin B6: 0.79mg (39.5%), Fiber: 7.94g (31.77%), Phosphorus: 308.43mg (30.84%), Manganese: 0.58mg (29.11%), Folate: 94.75µg (23.69%), Magnesium: 82.63mg (20.66%), Vitamin B1: 0.31mg (20.56%), Vitamin B3: 3.93mg (19.67%), Copper: 0.38mg (19.15%), Vitamin B2: 0.3mg (17.53%), Calcium: 166.08mg (16.61%), Vitamin K: 16.37µg (15.59%), Iron: 2.5mg (13.91%), Vitamin B5: 1.36mg (13.62%), Zinc: 1.79mg (11.93%), Vitamin E: 1.57mg (10.5%), Selenium: 5.97µg (8.52%), Vitamin B12: 0.42µg (7.08%), Vitamin D: 0.57µg (3.79%)