



Creamy Potato-Arugula Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



117 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces arugula trimmed
- 0.8 pound baking potato diced peeled
- 0.1 teaspoon pepper black
- 0.8 cup celery sliced
- 1.5 cups leek sliced
- 2 cups milk 2% reduced-fat
- 1 tablespoon olive oil
- 0.1 teaspoon salt

- 1 tablespoon cooking sherry
- 2 cups torn spinach
- 14.5 ounce vegetable broth canned
- 1 cup water
- 0.5 cup zucchini diced

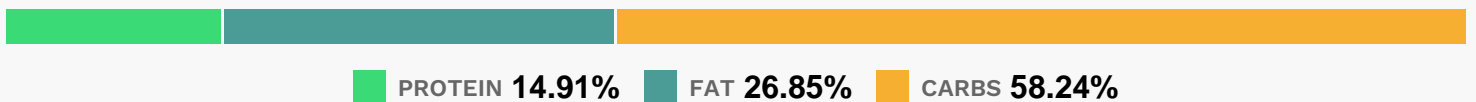
Equipment

- food processor
- bowl
- frying pan
- blender
- dutch oven

Directions

- Heat olive oil in a Dutch oven over medium heat.
- Add leek and celery, and cook 7 minutes or until leek is wilted, stirring occasionally.
- Add potato and next 5 ingredients (potato through broth), and bring to a boil. Cover, reduce heat, and simmer 15 minutes or until vegetables are tender. Stir in arugula and spinach, and cook for 2 minutes or until wilted. Cool slightly.
- Place half of mixture in a food processor or blender, and process until smooth.
- Pour pure into a large bowl. Repeat procedure with remaining mixture. Return pured mixture to pan. Stir in milk and sherry, and cook for 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:44.96, Glycemic Load:8.19, Inflammation Score:-8, Nutrition Score:11.424347918967%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.41mg, Isorhamnetin: 2.41mg, Isorhamnetin: 2.41mg, Isorhamnetin: 2.41mg Kaempferol: 6.45mg, Kaempferol: 6.45mg, Kaempferol: 6.45mg, Kaempferol: 6.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 117.33kcal (5.87%), Fat: 3.6g (5.53%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 17.55g (5.85%), Net Carbohydrates: 15.62g (5.68%), Sugar: 6.42g (7.13%), Cholesterol: 5.39mg (1.8%), Sodium: 334.27mg (14.53%), Alcohol: 0.22g (100%), Alcohol %: 0.1% (100%), Protein: 4.49g (8.98%), Vitamin K: 65.03µg (61.93%), Vitamin A: 1449.69IU (28.99%), Vitamin C: 12.2mg (14.79%), Manganese: 0.29mg (14.64%), Potassium: 508mg (14.51%), Vitamin B6: 0.29mg (14.33%), Folate: 55.08µg (13.77%), Calcium: 136.68mg (13.67%), Phosphorus: 117.74mg (11.77%), Vitamin B2: 0.19mg (11.47%), Magnesium: 39.81mg (9.95%), Fiber: 1.93g (7.73%), Vitamin B1: 0.1mg (6.81%), Vitamin B12: 0.36µg (5.96%), Iron: 1.05mg (5.82%), Vitamin B5: 0.55mg (5.51%), Copper: 0.11mg (5.27%), Zinc: 0.69mg (4.62%), Vitamin E: 0.6mg (4.03%), Vitamin B3: 0.79mg (3.97%), Selenium: 2.25µg (3.22%)