



Creamy Potato-Leek Soup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



144 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon thyme sprigs fresh (from 4 medium thyme sprigs)
- 0.3 cup cup heavy whipping cream
- 1 tablespoon kosher salt
- 2 cups leek white green finely chopped (pale and parts only)
- 1.5 pounds baking potatoes peeled
- 2 tablespoons butter unsalted ()
- 2 cups vegetable broth low-sodium
- 3 cups water

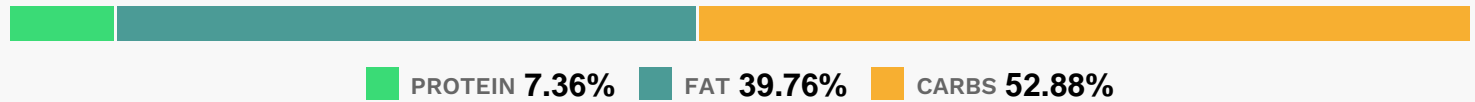
Equipment

- sauce pan
- blender

Directions

- Melt butter in a large saucepan over medium heat. When the foaming subsides, add leeks, season with freshly ground black pepper, and cook until leeks are softened, about 5 minutes.
- Add potatoes, salt, and thyme and cook until fragrant, about 2 minutes. Increase heat to high, add vegetable broth and water and bring just to a boil. Reduce heat to low and simmer until potatoes are fork tender, about 10 minutes. Blend soup in a blender in 2 batches until smooth. Return soup to the saucepan over medium heat, stir in cream, season with additional pepper as needed, and cook until heated through, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:20.22, Glycemic Load:12.98, Inflammation Score:-6, Nutrition Score:6.2773912678594%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 143.57kcal (7.18%), Fat: 6.56g (10.09%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 17.83g (6.48%), Sugar: 1.94g (2.15%), Cholesterol: 18.73mg (6.24%), Sodium: 888.28mg (38.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin B6: 0.35mg (17.49%), Manganese: 0.25mg (12.37%), Vitamin A: 616.88IU (12.34%), Vitamin K: 12.55µg (11.95%), Potassium: 406.67mg (11.62%), Vitamin C: 7.98mg (9.67%), Fiber: 1.79g (7.17%), Iron: 1.26mg (7%), Magnesium: 27.86mg (6.97%), Folate: 26.76µg (6.69%), Copper: 0.13mg (6.61%), Phosphorus: 61.42mg (6.14%), Vitamin B1: 0.09mg (5.69%), Vitamin B3: 0.98mg (4.91%), Calcium: 35.78mg (3.58%), Vitamin B2: 0.06mg (3.28%), Vitamin B5: 0.32mg (3.17%), Vitamin E: 0.39mg (2.57%), Zinc: 0.32mg (2.11%), Vitamin D: 0.21µg (1.41%), Selenium: 0.9µg (1.28%)