



Creamy Veggie Potato Stew

 Vegetarian

READY IN



50 min.

SERVINGS



10

CALORIES



468 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 4 large carrots diced
- 2 stalks celery chopped
- 2 tablespoons flour all-purpose
- 1 teaspoon ground pepper black
- 2 cups heavy cream
- 2 small onions chopped
- 0.3 teaspoon paprika

- 8 large potatoes peeled sliced
- 1.5 teaspoons salt
- 3 quarts water

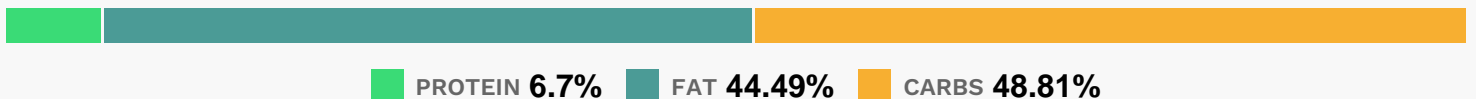
Equipment

- sauce pan

Directions

- In a large saucepan over medium heat, heat the water and stir in the potatoes, carrots and celery. Cook 15 minutes, or until tender but firm.
- Remove from heat.
- Drain and set aside, reserving liquid.
- Place the onions and butter in the large saucepan. Over medium heat, slowly cook and stir 10 minutes, or until the onions are tender.
- Mix in the flour, salt, pepper, paprika and heavy cream.
- Mix in the potato mixture. Continue cooking and stirring, adding the reserved liquid a tablespoon at a time, until the mixture has reached a desired consistency.

Nutrition Facts



Properties

Glycemic Index:36.16, Glycemic Load:39.85, Inflammation Score:-10, Nutrition Score:22.692173833432%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 468.03kcal (23.4%), Fat: 23.71g (36.48%), Saturated Fat: 14.94g (93.37%), Carbohydrates: 58.53g (19.51%), Net Carbohydrates: 50.76g (18.46%), Sugar: 5.77g (6.41%), Cholesterol: 70.06mg (23.35%), Sodium: 469.17mg (20.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Vitamin A: 5767.96IU (115.36%), Vitamin C: 61.42mg (74.45%), Vitamin B6: 0.95mg (47.63%), Potassium: 1428.7mg (40.82%), Fiber: 7.78g (31.1%), Manganese: 0.56mg (27.85%), Phosphorus: 215.84mg (21.58%), Magnesium: 80.72mg (20.18%), Copper: 0.4mg (19.81%), Vitamin B1: 0.29mg (19.02%), Vitamin B3: 3.57mg (17.83%), Folate: 63.18µg (15.79%), Iron: 2.59mg (14.37%), Vitamin K: 14.24µg (13.56%), Vitamin B2: 0.22mg (12.94%), Vitamin B5: 1.13mg (11.3%), Calcium: 94.54mg (9.45%), Zinc: 1.12mg (7.5%), Vitamin E: 0.88mg (5.83%), Vitamin D: 0.76µg (5.08%), Selenium: 3.04µg (4.35%), Vitamin B12: 0.09µg (1.48%)