



Daddy's Whisker Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon dill dried
- 5 cups milk
- 1 tablespoon pepper
- 12 potatoes diced peeled
- 1 pound processed cheese food cubed velveeta® (such as)
- 1 tablespoon salt
- 12 servings salt and pepper to taste
- 1 onion diced yellow

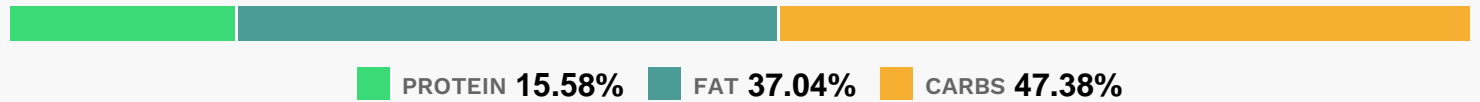
Equipment

pot

Directions

- Combine potatoes, onion, 1 tablespoon salt, and 1 tablespoon pepper in a large soup pot. Cover with water; bring to a boil over high heat. Cook until the potatoes are very tender, 10 to 15 minutes.
- Drain potatoes, and return to pot.
- Stir the milk and cubed cheese into the potatoes. Season with dill, salt, and pepper. Cook and stir over low heat until the cheese is melted, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:17.31, Glycemic Load:29.67, Inflammation Score:-7, Nutrition Score:19.467391200688%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 370.38kcal (18.52%), Fat: 15.49g (23.83%), Saturated Fat: 8.78g (54.89%), Carbohydrates: 44.58g (14.86%), Net Carbohydrates: 39.6g (14.4%), Sugar: 7.8g (8.66%), Cholesterol: 50mg (16.67%), Sodium: 1458.84mg (63.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.32%), Calcium: 551.9mg (55.19%), Vitamin C: 42.68mg (51.73%), Phosphorus: 470.29mg (47.03%), Vitamin B6: 0.72mg (36.23%), Potassium: 1122.07mg (32.06%), Manganese: 0.43mg (21.32%), Fiber: 4.98g (19.92%), Vitamin B12: 1.12µg (18.6%), Magnesium: 73.19mg (18.3%), Vitamin B2: 0.3mg (17.68%), Vitamin B1: 0.24mg (15.87%), Selenium: 10.28µg (14.68%), Zinc: 2mg (13.35%), Copper: 0.26mg (12.98%), Vitamin B3: 2.4mg (12%), Vitamin B5: 1.18mg (11.8%), Iron: 2.01mg (11.19%), Vitamin A: 533.96IU (10.68%), Folate: 38.93µg (9.73%), Vitamin D: 1.35µg (8.97%), Vitamin K: 6.19µg (5.9%), Vitamin E: 0.38mg (2.54%)