

Dad's Potato Soup



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



289 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 tablespoons butter
- ☐ 6 stalks celery chopped
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 large onion chopped
- ☐ 4 large potatoes cubed

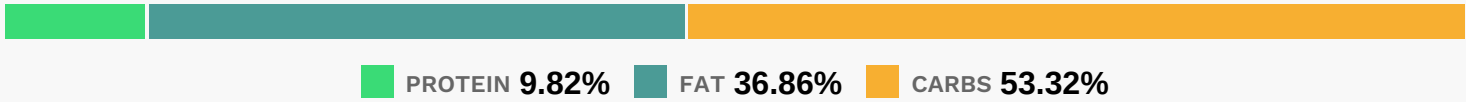
Equipment

- ☐ pressure cooker

Directions

- ☐ Place the potato cubes, celery, and onion into a pressure cooker and add 4 cups of water, or enough to reach the fullness mark on your cooker. (Follow manufacturer's directions for how full to fill your cooker.) Cover the cooker, seal, and bring the pressure up over medium heat. When cooker reaches full pressure, reduce heat to maintain the pressure, and pressure-cook the vegetables for 25 minutes.
- ☐ Allow the pressure in the cooker to subside, and release the cover on the cooker when the pressure is normal.
- ☐ Mix in the evaporated milk, butter, salt, and black pepper, and bring the soup to a boil over medium heat. Reduce heat to a simmer, and cook the soup to the desired thickness, 5 to 15 minutes. If you like a thicker soup, mix in mashed potato flakes to desired consistency.

Nutrition Facts



Properties

Glycemic Index:28.09, Glycemic Load:24.13, Inflammation Score:-6, Nutrition Score:13.517391279988%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 289.18kcal (14.46%), Fat: 12.11g (18.63%), Saturated Fat: 7.5g (46.89%), Carbohydrates: 39.4g (13.13%), Net Carbohydrates: 34.51g (12.55%), Sugar: 7.1g (7.88%), Cholesterol: 35.44mg (11.81%), Sodium: 150.37mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.52%), Vitamin C: 39.51mg (47.89%), Vitamin B6: 0.61mg (30.59%), Potassium: 1020.36mg (29.15%), Phosphorus: 210.52mg (21.05%), Fiber: 4.88g (19.53%), Manganese: 0.35mg (17.64%), Calcium: 157.18mg (15.72%), Magnesium: 58.64mg (14.66%), Vitamin B2: 0.23mg (13.24%), Vitamin K: 13.54µg (12.89%), Vitamin B1: 0.18mg (12.27%), Folate: 47.76µg (11.94%), Copper: 0.23mg (11.27%), Vitamin B3: 2.15mg (10.77%), Vitamin A: 507.72IU (10.15%), Vitamin B5: 0.94mg (9.39%), Iron: 1.63mg (9.08%), Zinc: 0.96mg (6.39%), Vitamin E: 0.42mg (2.79%), Selenium: 1.9µg (2.71%), Vitamin B12: 0.09µg (1.48%)