



Easy Potato Cheese Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



12

CALORIES



312 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 stalks celery with leaves chopped
- ☐ 22 ounce condensed cream of cheddar cheese soup canned
- ☐ 4 cups half-and-half
- ☐ 2 tablespoons butter
- ☐ 1 onion chopped
- ☐ 6 large potatoes paper-thin peeled sliced
- ☐ 12 servings salt and pepper to taste
- ☐ 8 cups water

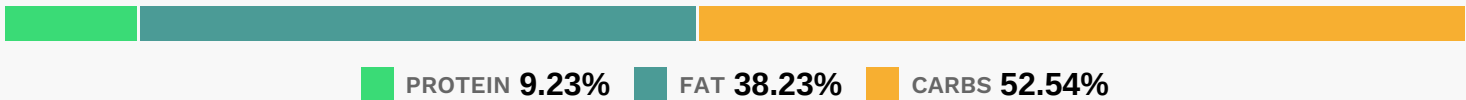
Equipment

- ☐ pot
- ☐ potato masher

Directions

- ☐ In a large stock pot add water, potatoes, onion, celery and season with salt and pepper. Bring to a boil, cover and simmer until potatoes and vegetables are tender.
- ☐ Once tender, mash soup with a potato masher, and add butter and cream.
- ☐ Gradually bring mixture to a simmer.
- ☐ Add condensed cheese soup and blend.
- ☐ Serve while hot.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:23.84, Inflammation Score:-6, Nutrition Score:13.103912975477%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 312.15kcal (15.61%), Fat: 13.45g (20.69%), Saturated Fat: 6.96g (43.48%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 36.74g (13.36%), Sugar: 6.17g (6.86%), Cholesterol: 30.31mg (10.1%), Sodium: 567.33mg (24.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.6%), Vitamin C: 38.17mg (46.27%), Potassium: 1167.22mg (33.35%), Vitamin B6: 0.61mg (30.28%), Fiber: 4.84g (19.38%), Phosphorus: 188.19mg (18.82%), Manganese: 0.31mg (15.46%), Calcium: 138.08mg (13.81%), Magnesium: 54.54mg (13.63%), Vitamin B2: 0.23mg (13.32%), Vitamin A: 642.22IU (12.84%), Copper: 0.24mg (12.01%), Vitamin B1: 0.18mg (11.94%), Vitamin B3: 2.09mg (10.43%), Folate: 38.51µg (9.63%), Iron: 1.53mg (8.48%), Vitamin B5: 0.83mg (8.25%), Vitamin K: 8.5µg (8.09%), Zinc: 0.9mg (5.99%), Selenium: 3.23µg (4.62%), Vitamin B12: 0.16µg (2.59%), Vitamin E: 0.33mg (2.2%)