




 **18%**  
HEALTH SCORE

# Cheesy Leek and Mustard Soup


 **Gluten Free**

READY IN




**120 min.**

SERVINGS



**6**

CALORIES



**318 kcal**

- SOUP
- ANTIPASTI
- STARTER
- SNACK

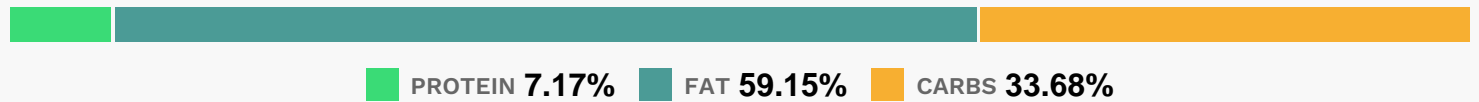
## Ingredients

- 1 carrots chopped
- 2 teaspoons cornstarch
- 0.1 cup gruyere cheese shredded
- 1 cup cup heavy whipping cream
- 1.5 pounds leek sliced
- 1 tablespoon butter
- 1.3 teaspoons ground mustard dry
- 1 tablespoon olive oil

- 1 onion chopped
- 1 potatoes cubed
- 6 servings salt and pepper to taste
- 0.3 cup cheddar cheese shredded
- 1 cube vegetable stock
- 0.5 cup water
- 1 teaspoon granulated sugar white

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:55.28, Glycemic Load:10.24, Inflammation Score:-10, Nutrition Score:17.416956521739%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg, Kaempferol: 3.46mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

## Nutrients (% of daily need)

Calories: 318.08kcal (15.9%), Fat: 21.59g (33.21%), Saturated Fat: 11.33g (70.83%), Carbohydrates: 27.65g (9.22%), Net Carbohydrates: 24.18g (8.79%), Sugar: 7.84g (8.71%), Cholesterol: 52.56mg (17.52%), Sodium: 311.31mg (13.54%), Protein: 5.89g (11.78%), Vitamin A: 4330.16IU (86.6%), Vitamin K: 58.27µg (55.5%), Manganese: 0.65mg (32.52%), Vitamin C: 22.83mg (27.67%), Folate: 87.22µg (21.8%), Vitamin B6: 0.43mg (21.31%), Calcium: 168.54mg (16.85%), Iron: 2.84mg (15.75%), Fiber: 3.48g (13.9%), Phosphorus: 134.08mg (13.41%), Potassium: 460.56mg (13.16%), Vitamin E: 1.96mg (13.03%), Magnesium: 49.84mg (12.46%), Copper: 0.2mg (9.97%), Vitamin B2: 0.16mg (9.49%), Vitamin B1: 0.13mg (8.41%), Selenium: 5.15µg (7.36%), Vitamin B3: 1mg (5%), Zinc: 0.7mg (4.65%), Vitamin B5: 0.46mg (4.56%), Vitamin D: 0.68µg (4.53%), Vitamin B12: 0.16µg (2.66%)