



 **54%**
HEALTH SCORE

Garlic Potato Leek Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



155 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup chives fresh chopped
- 0.5 cup seasons garlic & herb dressing mix good prepared
- 2 lb leeks cut into 1/4-inch-thick slices
- 1 cup milk
- 0.5 tsp pepper
- 4 cups russet potatoes cubed peeled
- 1 tsp salt
- 5 cups water

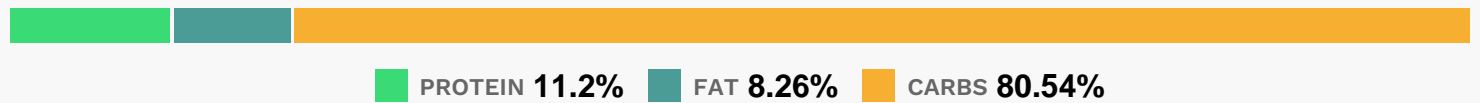
Equipment

- pot
- blender

Directions

- Heat 1/4 cup of the dressing in large stockpot on medium heat.
- Add leeks; cook 5 min. or until tender, stirring occasionally.
- Add potatoes, water, salt and pepper; cover. Bring to boil. Reduce heat to medium-low; simmer 15 to 20 min. or until potatoes are tender. Cool 10 min.
- Add leek mixture, in batches, to blender; cover. Blend until pureed. Return to stockpot.
- Stir in milk and remaining 1/4 cup dressing; cook on medium heat until heated through, stirring frequently.
- Sprinkle with chives just before serving.

Nutrition Facts



Properties

Glycemic Index:29.59, Glycemic Load:15.77, Inflammation Score:-9, Nutrition Score:17.263478082159%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 155.36kcal (7.77%), Fat: 1.52g (2.34%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 28.93g (10.52%), Sugar: 6.5g (7.22%), Cholesterol: 3.66mg (1.22%), Sodium: 336.91mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin K: 76.26µg (72.63%), Manganese: 0.84mg (41.77%), Vitamin A: 2046.63IU (40.93%), Vitamin B6: 0.57mg (28.75%), Iron: 4.16mg (23.14%), Folate: 91.52µg (22.88%), Vitamin C: 18.68mg (22.64%), Fiber: 4.35g (17.42%), Potassium: 605.84mg (17.31%), Calcium: 168.4mg (16.84%), Magnesium: 62.99mg (15.75%), Copper: 0.26mg (13.01%), Phosphorus: 117.11mg (11.71%), Vitamin E: 1.62mg (10.78%), Vitamin B1: 0.15mg (10.2%), Vitamin B3: 1.41mg (7.05%), Vitamin B2: 0.12mg (6.96%), Vitamin B5:

0.53mg (5.32%), Zinc: 0.58mg (3.89%), Selenium: 2.17µg (3.1%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%)