



Garlic Potato Soup

 **Gluten Free**

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

300 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium carrots diced
- ☐ 1 stalk celery chopped
- ☐ 3.5 cups chicken broth organic swanson® natural goodness® (Regular, or Certified)
- ☐ 2 slices bacon crumbled cooked
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1 cup milk
- ☐ 1 medium onion chopped

- ☐ 1 cup potato flakes instant mashed
- ☐ 4 medium potatoes red cut into cubes

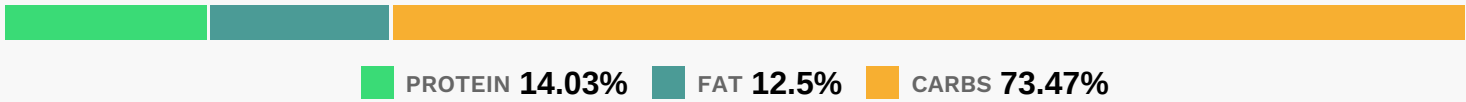
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the broth, garlic,potatoes, carrots, onion, celery and bacon in a 4-quart saucepan over medium-high heat to a boil. Reduce the heat to low. Cover and cook for15 minutes or until the vegetables are tender.
- ☐ Reduce the heat to medium. Stir the milk, potato flakes and parsley in the saucepan. Cook until the mixture is hot and bubbling, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:51.46, Glycemic Load:2.95, Inflammation Score:-10, Nutrition Score:23.064782588378%

Flavonoids

Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 299.59kcal (14.98%), Fat: 4.29g (6.6%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 56.71g (18.9%), Net Carbohydrates: 50.52g (18.37%), Sugar: 9.85g (10.95%), Cholesterol: 15.39mg (5.13%), Sodium: 938.4mg (40.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.65%), Vitamin A: 5346.26IU (106.93%), Vitamin C: 36.88mg (44.7%), Potassium: 1463.64mg (41.82%), Vitamin B6: 0.65mg (32.67%), Vitamin B1: 0.46mg (30.81%), Vitamin K: 31.18µg (29.7%), Manganese: 0.56mg (28.18%), Phosphorus: 264.9mg (26.49%), Fiber: 6.19g (24.75%), Vitamin B3: 4.72mg (23.6%), Vitamin B2: 0.33mg (19.55%), Copper: 0.38mg (19.18%), Magnesium: 76.14mg (19.03%), Folate: 61.47µg (15.37%), Calcium: 136.24mg (13.62%), Vitamin B5: 1.36mg (13.6%), Iron: 2.2mg (12.23%), Selenium: 7.72µg (11.03%), Zinc: 1.5mg (10.02%), Vitamin B12: 0.41µg (6.9%), Vitamin D: 0.69µg (4.58%), Vitamin E: 0.4mg (2.66%)