



Ham, Potato and Leek Soup

 **Gluten Free**  **Popular**

READY IN



60 min.

SERVINGS



6

CALORIES



176 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp butter unsalted
- 2 small leeks to make 4 cups leeks light white green thinly sliced (see How to Clean Leeks)
- 4 cups chicken broth
- 1 pound russet potatoes peeled cut into 1/2 inch pieces
- 0.5 teaspoon ground pepper white
- 2 cups ham diced
- 0.3 cup chicken stock see
- 6 servings salt to taste

3 Tbsp parsley fresh chopped

Equipment

sauce pan

blender

immersion blender

Directions

Cook leeks in butter: Melt the butter in a large saucepan over medium heat.

Add the leeks and cook, stirring occasionally, for 5 minutes, or until leeks are soft but not browned.

Add chicken broth, potatoes and white pepper. Bring to a boil over medium high heat.

Reduce heat. Cover and simmer 25 minutes or until vegetables are very tender.

Purée the soup: Using an immersion blender, or a standing blender working in batches, process until smooth. (If using a standing blender, do not fill your blender more than a third full with hot soup.)

Add ham, cream, seasonings: Stir in the diced ham and enough cream, milk, or half and half, or stock to thin the soup to desired consistency.

Season to taste with salt.

Garnish with parsley, chives or dill.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:11.94, Inflammation Score:-6, Nutrition Score:9.0013042519922%

Flavonoids

Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 176.26kcal (8.81%), Fat: 6.85g (10.54%), Saturated Fat: 3.2g (19.97%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 18.29g (6.65%), Sugar: 3.41g (3.79%), Cholesterol: 37.2mg (12.4%), Sodium: 1287.84mg (55.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.56%), Vitamin K: 46.93µg (44.69%), Manganese: 0.34mg (17.22%), Vitamin B6: 0.34mg (16.85%), Vitamin A: 812.47IU (16.25%), Vitamin C: 10.52mg (12.75%), Potassium: 421.98mg (12.06%), Iron: 1.78mg (9.87%), Vitamin B2: 0.15mg (8.8%), Folate: 32.92µg (8.23%), Vitamin B1: 0.12mg (7.84%), Magnesium: 29.47mg (7.37%), Copper: 0.14mg (7.16%), Phosphorus: 70.34mg (7.03%), Fiber: 1.62g (6.49%), Vitamin B3: 1.28mg (6.41%), Calcium: 48.71mg (4.87%), Vitamin E: 0.49mg (3.28%), Vitamin B5: 0.33mg (3.25%), Zinc: 0.43mg (2.87%), Selenium: 1.6µg (2.29%)