



Healthier Delicious Ham and Potato Soup

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 tablespoons butter
- 0.5 cup carrots chopped
- 0.3 cup celery diced
- 2 tablespoons chicken soup base
- 0.8 cup ham diced cooked
- 5 tablespoons flour all-purpose
- 0.5 cup green beans chopped
- 1 teaspoon ground pepper white to taste
- 2 cups nonfat milk

- 0.3 cup onion finely chopped
- 3.5 cups potatoes diced peeled
- 3.3 cups water

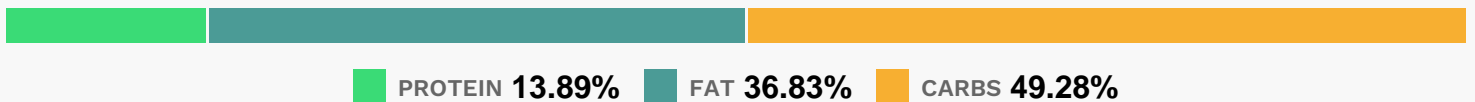
Equipment

- whisk
- pot

Directions

- Combine potatoes, carrots, green beans, celery, onion, ham, and water in a stockpot. Bring to a boil and cook over medium heat until potatoes are tender, 10 to 15 minutes. Stir in chicken bouillon and pepper.
- Melt butter in a separate saucepan over medium-low heat.
- Whisk in flour with a whisk and cook, stirring constantly, until thick, about 1 minute. Slowly stir in milk so lumps do not form until all of the milk has been added. Continue stirring until thick, 4 to 5 minutes.
- Pour the milk mixture into stockpot and cook soup until heated through, about 5 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.23, Glycemic Load:15.88, Inflammation Score:-8, Nutrition Score:11.203913045966%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 199.9kcal (9.99%), Fat: 8.31g (12.78%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 22.21g (8.08%), Sugar: 4.99g (5.54%), Cholesterol: 28.55mg (9.52%), Sodium: 522.16mg (22.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Vitamin A: 1748.42IU (34.97%), Vitamin C: 22.57mg (27.36%), Vitamin B6: 0.37mg (18.47%), Potassium: 590.79mg (16.88%), Phosphorus: 166.87mg (16.69%), Vitamin B1: 0.22mg (14.49%), Manganese: 0.23mg (11.56%), Fiber: 2.8g (11.21%), Calcium: 109.6mg (10.96%), Vitamin B2: 0.18mg (10.74%), Magnesium: 37.61mg (9.4%), Vitamin B3: 1.88mg (9.4%), Vitamin B12: 0.52µg (8.72%), Selenium: 5.73µg (8.19%), Folate: 32.08µg (8.02%), Copper: 0.15mg (7.47%), Vitamin K: 7.64µg (7.28%), Vitamin B5: 0.68mg (6.77%), Iron: 1.19mg (6.62%), Zinc: 0.89mg (5.9%), Vitamin D: 0.67µg (4.49%), Vitamin E: 0.31mg (2.1%)