



Hearty Potato Soup

 Vegetarian

READY IN



218 min.

SERVINGS



8

CALORIES



297 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 servings combine everything in a bowl and chill italian
- 2 carrots thinly sliced
- 2 rib celery thinly sliced
- 8 servings garnish: celery leaves fresh
- 1 teaspoon basil dried
- 29 ounce chicken broth fat-free low-sodium canned
- 1.5 cups half-and-half fat-free
- 0.3 cup flour all-purpose

- 2 medium onions diced
- 0.5 teaspoon pepper
- 6 potatoes peeled cut into 1/2-inch cubes (2 1/2 pounds)
- 1 teaspoon salt

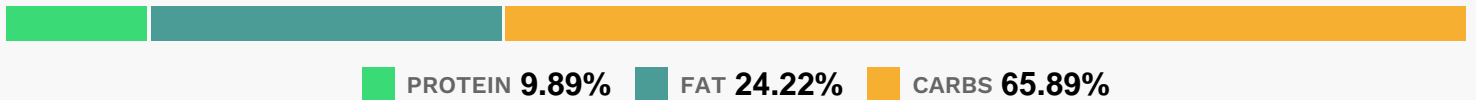
Equipment

- bowl
- slow cooker

Directions

- Combine first 8 ingredients in a 4 1/2-quart slow cooker.
- Cook, covered, at HIGH 3 hours or until vegetables are tender.
- Stir together flour and half-and-half; stir into soup. Cover and cook 30 minutes or until thoroughly heated.
- Serve in Italian Bread Bowls, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:41.07, Glycemic Load:23.66, Inflammation Score:-9, Nutrition Score:15.469565282697%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 297.08kcal (14.85%), Fat: 8.11g (12.48%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 49.66g (16.55%), Net Carbohydrates: 44.35g (16.13%), Sugar: 11.71g (13.01%), Cholesterol: 2.21mg (0.74%), Sodium: 851.86mg (37.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Vitamin A: 2577.66IU (51.55%), Vitamin C: 34.76mg (42.13%), Vitamin B6: 0.57mg (28.59%), Potassium: 939.32mg (26.84%), Fiber: 5.31g (21.25%),

Phosphorus: 194.95mg (19.5%), Manganese: 0.37mg (18.54%), Vitamin B3: 3.64mg (18.18%), Vitamin B1: 0.24mg (16.11%), Folate: 57.09µg (14.27%), Vitamin B2: 0.23mg (13.74%), Magnesium: 54.94mg (13.73%), Iron: 2.22mg (12.36%), Copper: 0.23mg (11.36%), Vitamin B5: 0.9mg (8.98%), Calcium: 81.74mg (8.17%), Selenium: 5.52µg (7.88%), Vitamin K: 7.97µg (7.59%), Vitamin B12: 0.44µg (7.26%), Zinc: 1.01mg (6.7%), Vitamin E: 0.16mg (1.07%)