



Herbed Parmesan Potato Soup

 Gluten Free

READY IN



24 min.

SERVINGS



6

CALORIES



196 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup basil fresh divided
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups chicken stock see unsalted (such as Swanson)
- ☐ 2 tablespoons chives fresh divided coarsely chopped
- ☐ 3 garlic clove chopped
- ☐ 0.3 cup half and half
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup parmesan grated

- ☐ 24 ounce potatoes prepared traditional mashed (such as Simply Potatoes)
- ☐ 3 shallots chopped
- ☐ 6 thyme sprigs

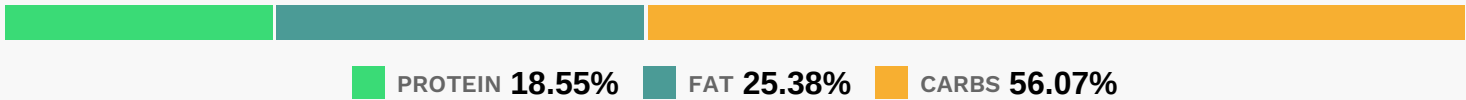
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat a medium saucepan over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add shallots; cook 5 minutes or until shallots begin to brown, stirring frequently.
- ☐ Add garlic; cook 1 minute or until fragrant. Stir in stock; cook 30 seconds.
- ☐ Transfer stock mixture to a blender; process until smooth.
- ☐ Return stock mixture to pan; add potatoes, stirring with a whisk until combined. Stir in 1/4 cup basil, thyme, and 1 tablespoon chives; bring to a boil. Cook 1 minute.
- ☐ Remove from heat; discard thyme. Stir in half-and-half, cheese, and pepper.
- ☐ Sprinkle with remaining 1/4 cup basil and remaining 1 tablespoon chives.

Nutrition Facts



Properties

Glycemic Index:60.46, Glycemic Load:15.3, Inflammation Score:-8, Nutrition Score:11.019565215577%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 195.5kcal (9.77%), Fat: 5.58g (8.59%), Saturated Fat: 2.59g (16.22%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 24.59g (8.94%), Sugar: 4.29g (4.76%), Cholesterol: 12.8mg (4.27%), Sodium: 320.04mg (13.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.18g (18.35%), Vitamin C: 26.68mg (32.34%), Vitamin B6: 0.49mg (24.51%), Potassium: 688.21mg (19.66%), Phosphorus: 177.14mg (17.71%), Vitamin B3: 3.2mg (16.02%), Manganese: 0.29mg (14.57%), Calcium: 142.89mg (14.29%), Vitamin K: 13.76µg (13.11%), Fiber: 3.14g (12.58%), Vitamin B2: 0.2mg (11.6%), Copper: 0.22mg (11.11%), Magnesium: 42mg (10.5%), Vitamin B1: 0.15mg (10.1%), Iron: 1.65mg (9.17%), Folate: 32.2µg (8.05%), Selenium: 5.56µg (7.94%), Vitamin A: 304.28IU (6.09%), Zinc: 0.87mg (5.82%), Vitamin B5: 0.46mg (4.6%), Vitamin B12: 0.12µg (1.99%), Vitamin E: 0.21mg (1.41%)