



Herbed Potato Soup

 Vegetarian

READY IN



30 min.

SERVINGS



5

CALORIES



250 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 medium potatoes diced peeled
- 2 cups water
- 1 large onion chopped
- 0.3 cup butter cubed
- 0.3 cup flour all-purpose
- 1 teaspoon salt
- 0.5 teaspoon thyme dried
- 0.3 teaspoon rosemary dried crushed

0.3 teaspoon pepper

1.5 cups milk 2%

Equipment

sauce pan

Directions

Place potatoes and water in a large saucepan. Bring to a boil. Reduce heat; cover and simmer for 15–20 minutes or until tender.

Meanwhile, in another large saucepan, saute onion in butter until tender. Stir in the flour, salt, thyme, rosemary and pepper until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened.

Add potatoes with cooking liquid; heat through.

Nutrition Facts

 **PROTEIN 9.42%**  **FAT 38.17%**  **CARBS 52.41%**

Properties

Glycemic Index:67.55, Glycemic Load:20.43, Inflammation Score:-6, Nutrition Score:10.693043480749%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 250.48kcal (12.52%), Fat: 10.82g (16.65%), Saturated Fat: 6.78g (42.4%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 29.88g (10.87%), Sugar: 5.88g (6.53%), Cholesterol: 30.07mg (10.02%), Sodium: 585.15mg (25.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Vitamin C: 27.59mg (33.44%), Vitamin B6: 0.44mg (22.2%), Potassium: 692.66mg (19.79%), Phosphorus: 156.52mg (15.65%), Manganese: 0.31mg (15.43%), Fiber: 3.55g (14.22%), Vitamin B1: 0.19mg (12.93%), Vitamin B2: 0.22mg (12.67%), Calcium: 116.38mg (11.64%), Magnesium: 43.14mg (10.79%), Folate: 41.77µg (10.44%), Vitamin B3: 1.83mg (9.13%), Copper: 0.18mg (9.03%), Iron: 1.5mg (8.36%), Vitamin A: 363.51IU (7.27%), Vitamin B5: 0.71mg (7.08%), Vitamin B12: 0.39µg (6.58%), Selenium: 4.55µg (6.5%), Zinc: 0.83mg (5.56%), Vitamin K: 5.38µg (5.13%), Vitamin E: 0.32mg (2.1%)