



Home-Style Potato Soup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



121 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.8 cups chicken broth (from 32-ounce carton)
- 2 medium spring onion with tops
- 1.5 cups milk
- 0.1 teaspoon pepper
- 1 pound potatoes
- 0.3 teaspoon salt
- 0.1 teaspoon thyme leaves dried

Equipment

- sauce pan
- potato masher

Directions

- Peel the potatoes, and cut into large pieces.
- Heat the chicken broth and potatoes to boiling in the saucepan over high heat, stirring occasionally with a fork to make sure potatoes do not stick to the saucepan. Once mixture is boiling, reduce heat just enough so mixture bubbles gently. Cover and cook about 15 minutes or until potatoes are tender when pierced with a fork.
- While the potatoes are cooking, peel and thinly slice the green onions. If you have extra onions, wrap them airtight and store in the refrigerator up to 5 days.
- When the potatoes are done, remove the saucepan from the heat, but do not drain. Break the potatoes into smaller pieces with the potato masher or large fork. The mixture should still be lumpy.
- Stir the milk, salt, pepper, thyme and onions into the potato mixture.
- Heat over medium heat, stirring occasionally, until hot and steaming, but do not let the soup boil.

Nutrition Facts

PROTEIN 15.8% **FAT 19.03%** **CARBS 65.17%**

Properties

Glycemic Index:46.15, Glycemic Load:13, Inflammation Score:-4, Nutrition Score:8.211739104727%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 120.8kcal (6.04%), Fat: 2.61g (4.02%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 20.11g (6.7%), Net Carbohydrates: 17.94g (6.52%), Sugar: 4.72g (5.25%), Cholesterol: 10.43mg (3.48%), Sodium: 455.66mg (19.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Vitamin C: 19.08mg (23.13%), Vitamin B6: 0.32mg (15.81%), Potassium: 524.08mg (14.97%), Vitamin K: 14.45µg (13.76%), Phosphorus: 131.28mg (13.13%), Calcium: 109.03mg (10.9%), Vitamin B2: 0.18mg (10.81%), Manganese: 0.2mg (9.83%), Vitamin B1: 0.13mg (8.95%),

Fiber: 2.17g (8.69%), Magnesium: 31.84mg (7.96%), Vitamin B12: 0.41µg (6.86%), Vitamin B3: 1.25mg (6.23%),
Copper: 0.12mg (5.85%), Vitamin B5: 0.55mg (5.54%), Vitamin D: 0.81µg (5.37%), Iron: 0.87mg (4.83%), Folate:
18.39µg (4.6%), Zinc: 0.65mg (4.31%), Vitamin A: 184.51IU (3.69%), Selenium: 2.03µg (2.9%)