



How to Make Ham and Potato Soup

 Popular

READY IN



60 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 medium carrots diced
- ☐ 1 rib celery diced
- ☐ 4 cups chicken broth
- ☐ 8 ounces ham smoked diced
- ☐ 0.3 cup flour
- ☐ 3 cloves garlic sliced
- ☐ 0.5 cup heavy cream

- ☐ 1 medium onion diced
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups water
- ☐ 1.5 pounds yukon gold potatoes diced peeled

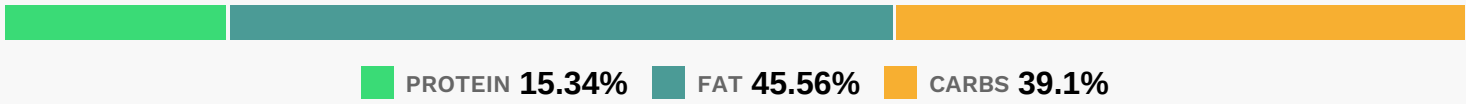
Equipment

- ☐ pot
- ☐ potato masher

Directions

- ☐ Melt butter in a stockpot over medium heat until golden brown. Stir in carrot, celery, onion, ham, and garlic; cook and stir for 5–6 minutes, until the vegetables soften and the onions are translucent.
- ☐ Stir in flour; cook for about 3 minutes. Stir in chicken broth, 1 cup at a time.
- ☐ Add water and stir to combine. Turn the heat to high and bring to a simmer. Simmer on medium–low for 15 minutes, stirring occasionally.
- ☐ Taste the soup for salt and add more if necessary. Stir in potatoes; cook for 15 minutes, until potatoes are tender. Skim fat if desired.
- ☐ With a potato masher, mash the soup a few times, leaving plenty of whole chunks of potato. Season with salt and pepper to taste, add cayenne if desired, and add cream. Stir to combine and heat through.
- ☐ Garnish with fresh chives.

Nutrition Facts



Properties

Glycemic Index:86.15, Glycemic Load:27.37, Inflammation Score:-9, Nutrition Score:18.4539127609%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin:

1.38mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg

Nutrients (% of daily need)

Calories: 428.08kcal (21.4%), Fat: 22.11g (34.02%), Saturated Fat: 13.04g (81.51%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 37.64g (13.69%), Sugar: 5.34g (5.93%), Cholesterol: 88.11mg (29.37%), Sodium: 1865.8mg (81.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.5%), Vitamin A: 3301.14IU (66.02%), Vitamin C: 37.63mg (45.62%), Potassium: 1073.52mg (30.67%), Vitamin B6: 0.61mg (30.26%), Phosphorus: 285.83mg (28.58%), Manganese: 0.53mg (26.38%), Copper: 0.42mg (20.82%), Fiber: 5.05g (20.22%), Vitamin B1: 0.28mg (18.84%), Vitamin B2: 0.32mg (18.57%), Magnesium: 70.49mg (17.62%), Iron: 2.79mg (15.48%), Vitamin B3: 3.02mg (15.11%), Folate: 54.81µg (13.7%), Zinc: 1.95mg (13.03%), Vitamin K: 10.03µg (9.56%), Calcium: 81.91mg (8.19%), Selenium: 5.61µg (8.01%), Vitamin B5: 0.76mg (7.6%), Vitamin E: 0.77mg (5.12%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.11µg (1.87%)