



Incredibly Creamy Potato Soup

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



164 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups water
- 5 medium potatoes peeled
- 0.5 cup celery stalks sliced
- 0.3 cup water
- 1 cup milk
- 0.8 teaspoon salt
- 0.1 teaspoon pepper white
- 2 spring onion thinly sliced

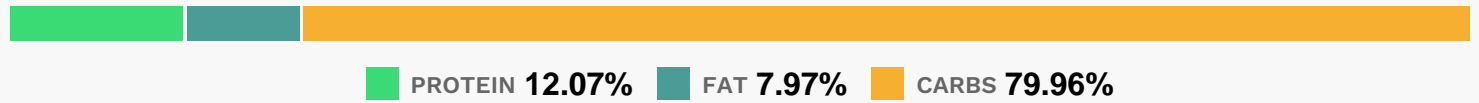
Equipment

- sauce pan
- blender

Directions

- Heat 1 1/2 cups water to boiling in 3-quart saucepan.
- Add potatoes and celery. Cover and heat to boiling; reduce heat. Simmer about 20 minutes or until potatoes are tender.
- Drain liquid into blender.
- Remove 3 cups cooked vegetables from saucepan; place in blender with liquid.
- Add 1/4 cup water. Cover and blend about 1 minute until smooth.
- Stir pureed vegetables back into saucepan. Stir in remaining ingredients; heat over medium heat, stirring occasionally, until hot.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:23.52, Inflammation Score:-5, Nutrition Score:11.04565225736%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 163.66kcal (8.18%), Fat: 1.48g (2.28%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 29.33g (10.66%), Sugar: 3.55g (3.94%), Cholesterol: 4.88mg (1.63%), Sodium: 327.61mg (14.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.11%), Vitamin C: 35.99mg (43.62%), Vitamin B6: 0.56mg (27.86%), Potassium: 841.29mg (24.04%), Fiber: 4.15g (16.62%), Phosphorus: 145.82mg (14.58%), Manganese: 0.29mg (14.54%), Vitamin K: 14.24µg (13.56%), Magnesium: 48.17mg (12.04%), Vitamin B1: 0.17mg (11.25%), Copper: 0.21mg (10.5%), Vitamin B3: 1.96mg (9.81%), Folate: 33.99µg (8.5%), Iron: 1.47mg (8.16%), Calcium: 79.93mg (7.99%), Vitamin B2: 0.12mg (7.12%), Vitamin B5: 0.7mg (7.01%), Zinc: 0.72mg (4.77%), Vitamin B12: 0.22µg

(3.66%), Vitamin D: 0.45 μ g (2.98%), Vitamin A: 147.1IU (2.94%), Selenium: 1.36 μ g (1.95%)