

Irish Potato Soup

 Gluten Free

READY IN



80 min.

SERVINGS



15

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 large baking potatoes peeled cut into 1/4-inch-thick slices
- 15 servings cheddar cheese fresh shredded crumbled cooked chopped
- 43.5 ounce chicken broth canned
- 3 leek sliced
- 1 medium onion thinly sliced
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 0.5 cup butter unsalted

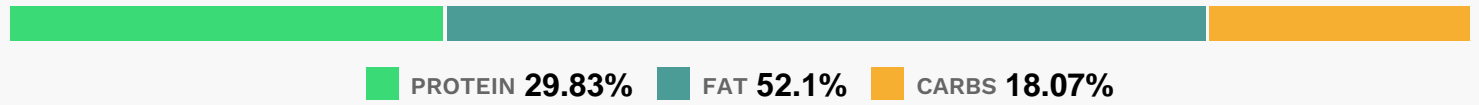
Equipment

- sauce pan
- blender

Directions

- Melt butter in a large saucepan over low heat; stir in onion and leek. Cover and cook 20 minutes. Stir in potato; cover and cook 15 minutes. Stir in broth, salt, and pepper; bring to a boil. Reduce heat, and simmer 30 minutes or until potato is tender.
- Remove from heat, and cool slightly.
- Process soup in batches in a blender until smooth, stopping to scrape down sides; return to saucepan, and cook over medium heat until thoroughly heated.
- Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:13.52, Glycemic Load:11.55, Inflammation Score:-6, Nutrition Score:13.585652278817%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 400.93kcal (20.05%), Fat: 23.12g (35.57%), Saturated Fat: 11.53g (72.04%), Carbohydrates: 18.05g (6.02%), Net Carbohydrates: 16.63g (6.05%), Sugar: 1.57g (1.74%), Cholesterol: 87.38mg (29.13%), Sodium: 755.88mg (32.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.78g (59.57%), Selenium: 24.2µg (34.58%), Phosphorus: 314mg (31.4%), Calcium: 247.45mg (24.75%), Vitamin B6: 0.48mg (24.11%), Zinc: 3.41mg (22.75%), Vitamin B12: 1.15µg (19.22%), Vitamin A: 933IU (18.66%), Vitamin B2: 0.25mg (14.64%), Potassium: 501.67mg (14.33%), Vitamin B3: 2.84mg (14.18%), Vitamin K: 12.92µg (12.3%), Iron: 2.15mg (11.93%), Magnesium: 46.62mg (11.66%), Manganese: 0.22mg (10.94%), Vitamin C: 6.89mg (8.35%), Folate: 31.29µg (7.82%), Copper: 0.15mg (7.65%), Fiber: 1.41g (5.65%), Vitamin E: 0.84mg (5.58%), Vitamin B1: 0.08mg (5.58%), Vitamin B5: 0.39mg (3.89%), Vitamin D: 0.38µg (2.5%)