



Kristen's Potato Leek Soup

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



359 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups chicken stock see
- ☐ 6 servings ground pepper black to taste
- ☐ 0.5 cup heavy cream
- ☐ 6 leeks trimmed chopped
- ☐ 4 large potatoes cubed peeled
- ☐ 0.3 tablespoon butter salted
- ☐ 1 teaspoon sea salt to taste

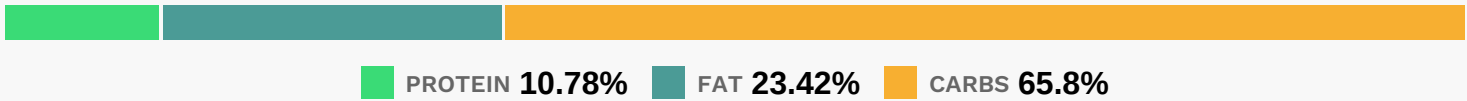
Equipment

- ☐ pot
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Melt butter in a large pot over medium heat. Cook and stir leeks in the melted butter until softened, about 15 minutes.
- ☐ Stir in chicken stock and potatoes and bring to a boil. Reduce heat and simmer until potatoes are tender, about 20 minutes.
- ☐ Pour about half of the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree.
- ☐ Pour the pureed soup back into the pot.
- ☐ Stir in heavy cream and season with sea salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:35, Inflammation Score:-9, Nutrition Score:22.900869465393%

Flavonoids

Kaempferol: 4.34mg, Kaempferol: 4.34mg, Kaempferol: 4.34mg, Kaempferol: 4.34mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 358.78kcal (17.94%), Fat: 9.56g (14.71%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 60.48g (20.16%), Net Carbohydrates: 53.44g (19.43%), Sugar: 7.87g (8.74%), Cholesterol: 27.27mg (9.09%), Sodium: 600.87mg (26.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.81%), Vitamin C: 59.5mg (72.12%), Vitamin B6: 1.01mg (50.68%), Vitamin K: 47.58µg (45.32%), Manganese: 0.82mg (40.92%), Potassium: 1342.25mg (38.35%), Vitamin A: 1798.82IU (35.98%), Fiber: 7.04g (28.16%), Folate: 103.15µg (25.79%), Vitamin B3: 4.86mg (24.29%), Iron: 4.07mg (22.63%), Copper: 0.44mg (22.05%), Magnesium: 87.88mg (21.97%), Phosphorus: 215.57mg (21.56%), Vitamin B1: 0.3mg (19.75%), Vitamin B2: 0.25mg (14.42%), Calcium: 99.54mg (9.95%), Vitamin B5: 0.91mg (9.05%), Vitamin E: 1.08mg (7.18%), Selenium: 4.87µg (6.96%), Zinc: 1.04mg (6.92%), Vitamin D: 0.32µg (2.12%)