



Leek Potato Mushroom Cheddar Soup

READY IN



105 min.

SERVINGS



6

CALORIES



263 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter divided
- ☐ 3 cups chicken broth
- ☐ 2 tablespoons flour
- ☐ 1 clove garlic finely chopped
- ☐ 1.5 teaspoons ground mustard
- ☐ 2 leeks white finely chopped (part only)
- ☐ 1 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parmesan cheese

- ☐ 3 ounces portabello mushrooms chopped
- ☐ 4 medium potatoes red chopped (or Yukon Gold)
- ☐ 6 servings salt to taste
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 0.5 cup water

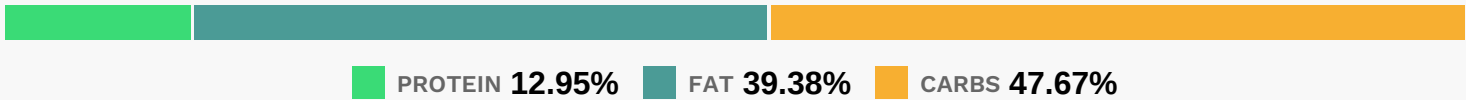
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a skillet, cook leek, garlic, and potato in 1 tablespoon of butter and the olive oil over medium low heat, stirring often. Do not allow potato to brown.
- ☐ Place mustard, salt, pepper, celery salt, and flour together in a bowl. Gradually whisk in water and chicken broth until well blended. Stir into potato mixture, and bring to a boil. Reduce to a simmer, and cook for 1 hour.
- ☐ Mash softened potatoes by hand so they remain lumpy. Stir in Cheddar and Parmesan cheeses until melted, then add milk but do not boil. Cook mushrooms over medium high heat in remaining 1 tablespoon of butter until soft.
- ☐ Add to the soup, and stir.
- ☐ Serve immediately with croutons, if desired.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:3.4, Inflammation Score:-7, Nutrition Score:13.789999992951%

Flavonoids

Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 263.49kcal (13.17%), Fat: 11.84g (18.22%), Saturated Fat: 5.66g (35.36%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 28.98g (10.54%), Sugar: 5.9g (6.55%), Cholesterol: 27.81mg (9.27%), Sodium: 797.46mg (34.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.53%), Potassium: 851.58mg (24.33%), Manganese: 0.45mg (22.39%), Phosphorus: 221.51mg (22.15%), Vitamin C: 15.96mg (19.35%), Vitamin K: 20.21µg (19.25%), Vitamin B6: 0.37mg (18.69%), Calcium: 177.62mg (17.76%), Vitamin A: 796.91IU (15.94%), Vitamin B2: 0.26mg (15.27%), Copper: 0.3mg (14.99%), Vitamin B1: 0.22mg (14.46%), Vitamin B3: 2.87mg (14.37%), Selenium: 9.93µg (14.19%), Folate: 56.15µg (14.04%), Fiber: 3.27g (13.09%), Magnesium: 51.7mg (12.92%), Iron: 2mg (11.12%), Zinc: 1.28mg (8.53%), Vitamin B5: 0.83mg (8.31%), Vitamin B12: 0.38µg (6.3%), Vitamin E: 0.9mg (6.02%), Vitamin D: 0.55µg (3.7%)