



Leek Potato Soup

 Vegetarian  Gluten Free

READY IN



100 min.

SERVINGS



6

CALORIES



315 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup buttermilk
- 1 tablespoon chives snipped
- 1 cup heavy cream
- 1 pinch heavy kosher salt for seasoning
- 1 pound leeks dark green cleaned
- 3 tablespoons butter unsalted
- 1 quart vegetable broth
- 0.5 teaspoon pepper white

14 ounces approximately 3 diced peeled

Equipment

sauce pan

immersion blender

Directions

Watch how to make this recipe.

Chop the leeks into small pieces.

In a 6-quart saucepan over medium heat, melt the butter.

Add the leeks and a heavy pinch of salt and sweat for 5 minutes. Decrease the heat to medium-low and cook until the leeks are tender, approximately 25 minutes, stirring occasionally.

Add the potatoes and the vegetable broth, increase the heat to medium-high, and bring to a boil. Reduce the heat to low, cover, and gently simmer until the potatoes are soft, approximately 45 minutes.

Turn off the heat and puree the mixture with an immersion blender until smooth. Stir in the heavy cream, buttermilk, and white pepper. Taste and adjust seasoning if desired.

Sprinkle with chives and serve immediately, or chill and serve cold.

Nutrition Facts



PROTEIN 6.13% **FAT 59.94%** **CARBS 33.93%**

Properties

Glycemic Index:39.46, Glycemic Load:12.98, Inflammation Score:-9, Nutrition Score:13.809565139853%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 315.44kcal (15.77%), Fat: 21.61g (33.25%), Saturated Fat: 13.53g (84.55%), Carbohydrates: 27.53g (9.18%), Net Carbohydrates: 24.66g (8.97%), Sugar: 7.93g (8.81%), Cholesterol: 64.27mg (21.42%), Sodium: 709.95mg (30.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.95%), Vitamin A: 2443.3IU (48.87%), Vitamin K: 39.73µg (37.84%), Vitamin C: 22.67mg (27.47%), Manganese: 0.48mg (23.81%), Vitamin B6: 0.4mg (20.03%), Folate: 63.31µg (15.83%), Potassium: 509.53mg (14.56%), Calcium: 127.31mg (12.73%), Phosphorus: 123.43mg (12.34%), Iron: 2.19mg (12.16%), Fiber: 2.87g (11.49%), Vitamin B2: 0.19mg (11.2%), Magnesium: 43.66mg (10.91%), Copper: 0.18mg (9%), Vitamin D: 1.26µg (8.4%), Vitamin B1: 0.13mg (8.39%), Vitamin E: 1.26mg (8.39%), Vitamin B5: 0.56mg (5.64%), Vitamin B3: 1.07mg (5.34%), Selenium: 3.7µg (5.29%), Vitamin B12: 0.26µg (4.32%), Zinc: 0.54mg (3.61%)