



Leftover Baked Potato Soup

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 1.5 cups buttermilk
- 6 cups chicken stock see hot
- 0.3 cup chives minced
- 1.5 tablespoons garlic minced
- 2.5 teaspoons kosher salt
- 1.5 cups leek diced finely
- 0.5 cup parmesan freshly grated

- 1 teaspoon pepper freshly ground
- 4 large potatoes leftover
- 2 tablespoons sherry vinegar
- 0.5 cup cream sour

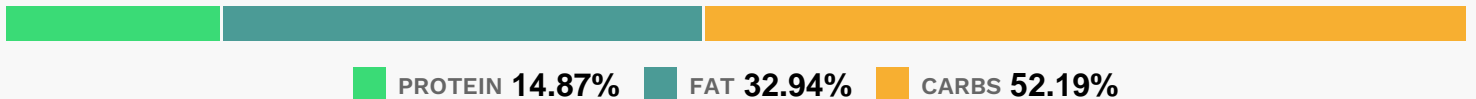
Equipment

- bowl
- ladle
- whisk
- pot

Directions

- Watch how to make this recipe.
- In a large saucepot, over high heat melt the butter and add the leeks and garlic. Cook over medium heat until they are translucent.
- Add the hot stock and whisk to combine.
- In a separate bowl, whisk together the riced potatoes, buttermilk, sour cream, and grated Parmesan.
- Add this mixture to the soup stirring constantly. Season with salt and pepper.
- Remove from the heat and add the Sherry vinegar.
- Ladle into bowls and garnish with chives.

Nutrition Facts



Properties

Glycemic Index:82.69, Glycemic Load:50.35, Inflammation Score:-9, Nutrition Score:34.113913038503%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 4.1mg, Kaempferol: 4.1mg, Kaempferol: 4.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg,

Myricetin: 0.12mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 679kcal (33.95%), Fat: 25.1g (38.62%), Saturated Fat: 13.34g (83.38%), Carbohydrates: 89.49g (29.83%), Net Carbohydrates: 80.51g (29.28%), Sugar: 15.43g (17.14%), Cholesterol: 68.74mg (22.91%), Sodium: 2369.5mg (103.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.5g (51%), Vitamin C: 80.1mg (97.09%), Vitamin B6: 1.48mg (74.19%), Potassium: 2192.32mg (62.64%), Phosphorus: 514.26mg (51.43%), Vitamin B3: 9.9mg (49.5%), Manganese: 0.86mg (43.24%), Vitamin B2: 0.69mg (40.55%), Calcium: 369.12mg (36.91%), Fiber: 8.97g (35.88%), Copper: 0.69mg (34.3%), Vitamin B1: 0.5mg (33.54%), Magnesium: 129.19mg (32.3%), Vitamin K: 31.26µg (29.77%), Vitamin A: 1374IU (27.48%), Folate: 108.61µg (27.15%), Iron: 4.67mg (25.96%), Selenium: 17.15µg (24.5%), Vitamin B5: 1.68mg (16.79%), Zinc: 2.46mg (16.43%), Vitamin B12: 0.64µg (10.7%), Vitamin D: 1.23µg (8.22%), Vitamin E: 0.91mg (6.05%)