



WHATSheATE



Loaded Potato Soup II



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



214 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 carrots shredded
- ☐ 2 stalks celery diced
- ☐ 21.5 ounce condensed cream of potato soup canned
- ☐ 1 cup milk
- ☐ 1 large onion diced
- ☐ 8 potatoes cubed peeled
- ☐ 1 teaspoon salt

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Place potatoes and salt in a large saucepan with water to cover. Bring to a boil, then reduce heat and simmer until just tender, 15 minutes.
- ☐ Drain and set aside.
- ☐ In a medium skillet, melt butter over medium heat. Cook celery, carrots and onion in butter until onion is translucent.
- ☐ Combine potatoes, vegetable mixture, cream of potato soup and milk in a large pot over low heat. Simmer 15 minutes, adjusting milk to desired thickness.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:27.76, Glycemic Load:22.96, Inflammation Score:-9, Nutrition Score:13.902173866396%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 214.01kcal (10.7%), Fat: 4.41g (6.78%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 34.57g (12.57%), Sugar: 4.86g (5.4%), Cholesterol: 12mg (4%), Sodium: 654.22mg (28.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.89%), Vitamin A: 2228.71IU (44.57%), Vitamin C: 35.65mg (43.21%), Vitamin B6: 0.58mg (28.83%), Potassium: 902.88mg (25.8%), Manganese: 0.49mg (24.51%),

Fiber: 4.72g (18.87%), Copper: 0.32mg (16.02%), Phosphorus: 155.54mg (15.55%), Vitamin B1: 0.18mg (12.25%), Magnesium: 46.64mg (11.66%), Vitamin B3: 2.25mg (11.24%), Vitamin B5: 1.1mg (10.97%), Folate: 36.62µg (9.15%), Iron: 1.65mg (9.15%), Vitamin K: 8.19µg (7.8%), Vitamin B2: 0.12mg (7.21%), Calcium: 71.7mg (7.17%), Zinc: 0.97mg (6.45%), Selenium: 2.28µg (3.26%), Vitamin B12: 0.16µg (2.68%), Vitamin D: 0.27µg (1.79%), Vitamin E: 0.24mg (1.61%)