



Lorene's Slow Cooker Potato Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



375 min.

SERVINGS



10

CALORIES



191 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 stalks celery chopped
- 1 tablespoon dill weed dried
- 2 tablespoons olive oil
- 2 large onions diced
- 4 pounds potatoes diced
- 10 servings vegetable broth to cover

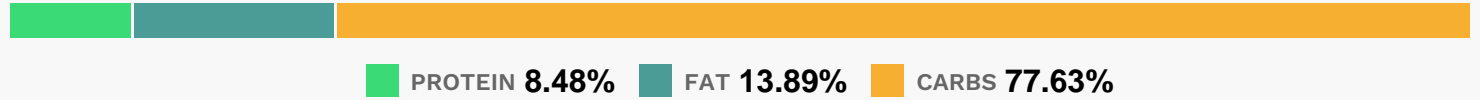
Equipment

- slow cooker

Directions

- Combine the onions, celery, potatoes, and dill weed in a slow cooker; drizzle the olive oil over the mixture.
- Pour the vegetable broth into the slow cooker.
- Cook on High until the vegetables are tender, about 6 hours.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:25.25, Inflammation Score:-7, Nutrition Score:11.141739073007%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 191.21kcal (9.56%), Fat: 3.03g (4.67%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 33.35g (12.13%), Sugar: 4.9g (5.44%), Cholesterol: 0mg (0%), Sodium: 965.57mg (41.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.33%), Vitamin C: 38.61mg (46.8%), Vitamin B6: 0.59mg (29.41%), Potassium: 859.2mg (24.55%), Fiber: 4.8g (19.19%), Manganese: 0.34mg (17.23%), Magnesium: 47.84mg (11.96%), Vitamin A: 594.17IU (11.88%), Phosphorus: 117.59mg (11.76%), Vitamin B1: 0.16mg (10.9%), Copper: 0.21mg (10.74%), Folate: 40.49µg (10.12%), Vitamin B3: 2.01mg (10.03%), Vitamin K: 9.94µg (9.47%), Iron: 1.67mg (9.29%), Vitamin B5: 0.61mg (6.13%), Vitamin B2: 0.08mg (4.48%), Zinc: 0.61mg (4.05%), Calcium: 40.45mg (4.05%), Vitamin E: 0.47mg (3.14%), Selenium: 0.76µg (1.08%)