



Luscious Potato, Leek & Bacon Soup

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



39 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb baking potatoes peeled chopped (3)
- 1 lb leeks light white green thinly sliced
- 0.5 cup milk
- 1 dash pepper white
- 8 slices oscar mayer selects uncured turkey bacon chopped
- 3 cups vegetable broth

Equipment

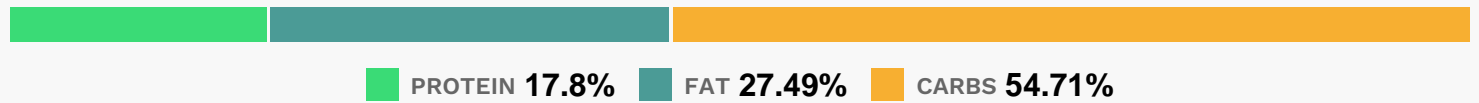
- bowl

- frying pan
- sauce pan
- blender

Directions

- Cook bacon in medium skillet on medium-high heat 5 min. or until bacon is lightly browned, stirring occasionally.
- Meanwhile, bring broth to boil in medium saucepan.
- Add leeks, potatoes and pepper; simmer 10 min. or until potatoes are tender.
- Remove from heat.
- Reserve 1/4 cup bacon.
- Add remaining bacon and milk to soup; blend, in small batches, in blender until smooth; pour into bowl. Top with reserved bacon.

Nutrition Facts



Properties

Glycemic Index:6.66, Glycemic Load:2.96, Inflammation Score:-3, Nutrition Score:2.5313043451828%

Flavonoids

Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 39.14kcal (1.96%), Fat: 1.23g (1.89%), Saturated Fat: 0.4g (2.47%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 5.03g (1.83%), Sugar: 1.08g (1.2%), Cholesterol: 4.15mg (1.38%), Sodium: 184.63mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin K: 7.66µg (7.29%), Vitamin A: 308.84IU (6.18%), Vitamin B6: 0.1mg (5.09%), Manganese: 0.1mg (4.9%), Phosphorus: 34.95mg (3.49%), Vitamin C: 2.68mg (3.25%), Potassium: 111.14mg (3.18%), Folate: 12.13µg (3.03%), Iron: 0.53mg (2.95%), Magnesium: 9.31mg (2.33%), Copper: 0.04mg (1.98%), Fiber: 0.48g (1.91%), Selenium: 1.25µg (1.79%), Vitamin B3: 0.35mg (1.77%), Vitamin B1: 0.03mg (1.73%), Calcium: 16.31mg (1.63%), Vitamin B2: 0.02mg (1.42%), Zinc: 0.19mg (1.28%), Vitamin E: 0.18mg (1.21%)