



Mandi's Cheesy Potato Soup

READY IN



45 min.

SERVINGS



5

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small carrots finely chopped
- ☐ 0.5 stalk celery finely chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 teaspoon ground pepper black
- ☐ 2 cups four-cheese blend shredded
- ☐ 3 tablespoons butter melted
- ☐ 2.5 cups milk
- ☐ 5 potatoes cubed peeled
- ☐ 1 teaspoon salt

- ☐ 1.5 teaspoons steak seasoning
- ☐ 1.5 cups water

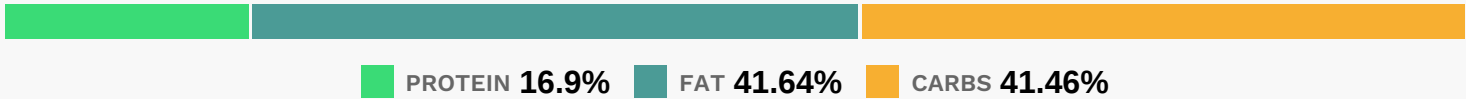
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot over medium heat, combine potatoes, carrot, celery, water and salt. Bring to a boil, then reduce heat, cover and simmer until potatoes are tender, 15 to 20 minutes. Once tender, stir in milk.
- ☐ In a small bowl, combine melted margarine, flour, steak seasoning and pepper. Stir into soup, increase heat to medium, and cook, stirring, until thick and bubbly.
- ☐ Remove from heat and stir in cheese until melted.
- ☐ Let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:61.52, Glycemic Load:32.27, Inflammation Score:-9, Nutrition Score:18.618695715199%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 465.3kcal (23.26%), Fat: 22.19g (34.14%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 49.71g (16.57%), Net Carbohydrates: 44.39g (16.14%), Sugar: 8.09g (8.99%), Cholesterol: 23.6mg (7.87%), Sodium: 702.55mg (30.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.26g (40.53%), Vitamin C: 42.76mg (51.83%), Vitamin A: 2208.91IU (44.18%), Vitamin B6: 0.73mg (36.57%), Potassium: 1139.99mg (32.57%), Calcium: 283.48mg (28.35%), Phosphorus: 257.54mg (25.75%), Manganese: 0.47mg (23.66%), Fiber: 5.32g (21.28%), Vitamin B1: 0.28mg (18.96%), Magnesium: 69.26mg (17.32%), Vitamin B2: 0.27mg (15.99%), Vitamin B3: 2.77mg (13.87%),

Copper: 0.27mg (13.29%), Iron: 2.16mg (12.02%), Vitamin K: 12.41µg (11.81%), Folate: 46.63µg (11.66%), Vitamin B5: 1.15mg (11.55%), Vitamin B12: 0.67µg (11.12%), Vitamin D: 1.34µg (8.95%), Zinc: 1.21mg (8.07%), Selenium: 4.57µg (6.53%), Vitamin E: 0.43mg (2.9%)