



Natalie's Amazing Irish Potato Soup

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 3 stalks celery chopped
- 10.5 ounce chicken broth canned
- 10.8 ounce campbell's® condensed cream of celery soup canned
- 10.8 ounce cream of chicken soup canned
- 1 cup green onion chopped
- 6 servings salt and ground pepper black to taste
- 2 pound hash brown potatoes frozen thawed

- 2 cups milk
- 2 cups water

Equipment

- pot

Directions

- Melt butter in a soup pot over medium heat. Cook and stir celery, green onions, salt, and black pepper in melted butter until slightly tender, about 5 minutes.
- Stir potatoes, chicken broth, and water with celery mixture. Bring to a boil over medium-high heat, cover, and lower heat to a simmer until vegetables are softened, about 30 minutes.
- Stir cream of celery soup, cream of chicken soup, milk with the potatoes mixture. Season with salt and pepper. Cook until heated through, stirring occasionally, 5 to 10 minutes.

Nutrition Facts

 **PROTEIN 19.39%**  **FAT 43.1%**  **CARBS 37.51%**

Properties

Glycemic Index:43, Glycemic Load:11.01, Inflammation Score:-7, Nutrition Score:17.01260875619%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 423.05kcal (21.15%), Fat: 20.49g (31.53%), Saturated Fat: 9.18g (57.39%), Carbohydrates: 40.13g (13.38%), Net Carbohydrates: 36.93g (13.43%), Sugar: 5.53g (6.15%), Cholesterol: 64.55mg (21.52%), Sodium: 1005.4mg (43.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.75g (41.49%), Vitamin K: 53.39µg (50.85%), Phosphorus: 273.49mg (27.35%), Potassium: 805.08mg (23%), Vitamin B3: 4.28mg (21.41%), Manganese: 0.42mg (21.01%), Vitamin C: 16.3mg (19.76%), Selenium: 13.29µg (18.98%), Vitamin A: 948.13IU (18.96%), Iron: 3.22mg (17.87%), Calcium: 170.55mg (17.05%), Copper: 0.33mg (16.62%), Vitamin B12: 0.97µg (16.2%), Vitamin B6: 0.31mg (15.3%), Vitamin B1: 0.22mg (14.96%), Vitamin B2: 0.25mg (14.96%), Zinc: 2.21mg (14.72%), Vitamin B5: 1.43mg (14.3%), Fiber: 3.2g (12.8%), Magnesium: 47.07mg (11.77%), Vitamin E: 1.55mg (10.31%), Folate: 27.24µg (6.81%), Vitamin D: 0.94µg (6.3%)