



Old-Fashioned Potato Soup

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 2 carrots diced
- 2 tablespoons chicken powder
- 1 tablespoon parsley dried
- 0.3 teaspoon thyme dried
- 3 tablespoons flour all-purpose
- 6 servings pepper black to taste
- 3 cups milk
- 1 large onion chopped

6 potatoes diced peeled

3 cups water

Equipment

sauce pan

pot

Directions

Melt butter in a saucepan over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.

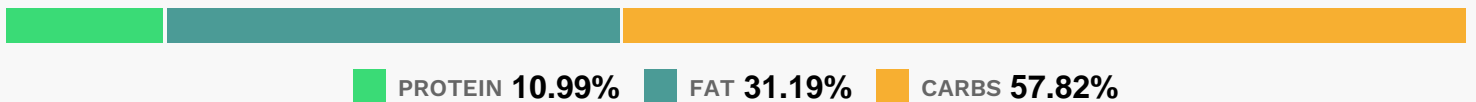
While the onions are cooking, place the diced potatoes, carrots, water and chicken soup base (or vegetable base; see Cook's Note) in another pot and bring to a boil. Cook until vegetables are tender, about 10 minutes. Do not overcook. Season with ground black pepper to taste.

Add the flour to the cooked onions to make a paste. Cook, stirring constantly, for 2 minutes. Gradually add the milk and stir well. Cook over low heat stirring constantly until warmed through.

Add the potato and carrot mixture. Stir in the parsley and thyme and heat through.

Serve hot.

Nutrition Facts



Properties

Glycemic Index:58.76, Glycemic Load:32.65, Inflammation Score:-10, Nutrition Score:20.489565331003%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 342.8kcal (17.14%), Fat: 12.13g (18.67%), Saturated Fat: 7.27g (45.46%), Carbohydrates: 50.62g (16.87%), Net Carbohydrates: 44.71g (16.26%), Sugar: 9.88g (10.98%), Cholesterol: 35.19mg (11.73%), Sodium: 540.44mg (23.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.62g (19.23%), Vitamin A: 3844.28IU (76.89%), Vitamin C: 45.47mg (55.11%), Vitamin B6: 0.77mg (38.4%), Potassium: 1203.34mg (34.38%), Phosphorus: 269.78mg (26.98%), Fiber: 5.91g (23.65%), Manganese: 0.47mg (23.45%), Calcium: 202.61mg (20.26%), Vitamin B1: 0.3mg (19.75%), Magnesium: 73.3mg (18.32%), Vitamin B2: 0.29mg (17.19%), Vitamin B3: 2.9mg (14.52%), Copper: 0.28mg (13.94%), Folate: 51.1µg (12.78%), Vitamin K: 13.28µg (12.65%), Vitamin B5: 1.21mg (12.14%), Iron: 2.1mg (11.68%), Vitamin B12: 0.68µg (11.33%), Vitamin D: 1.34µg (8.95%), Zinc: 1.28mg (8.53%), Selenium: 4.99µg (7.13%), Vitamin E: 0.48mg (3.23%)