

Plain Potato Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 fluid ounce evaporated milk canned
- 4 potatoes cubed peeled
- 4 servings salt and pepper to taste
- 4 tablespoons butter unsalted
- 4 servings water to cover

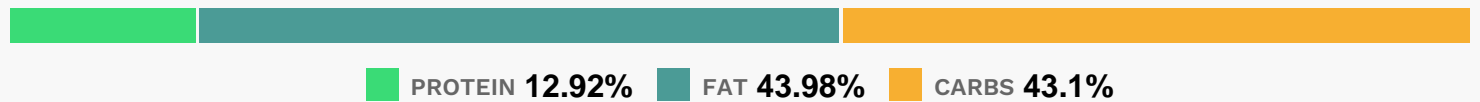
Equipment

- pot
- potato masher

Directions

- Place the potatoes in a large pot over high heat.
- Add water to cover, about 1 inch over the potatoes. Boil for about 10 to 15 minutes, or until potatoes are tender. Do not drain.
- Reduce heat to low and pour in the evaporated milk and the butter. Mash the potatoes in the pot with a potato masher. Season with salt and white pepper to taste.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:27.24, Inflammation Score:-7, Nutrition Score:20.278260915176%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 503.91kcal (25.2%), Fat: 24.96g (38.4%), Saturated Fat: 15.39g (96.2%), Carbohydrates: 55.03g (18.34%), Net Carbohydrates: 50.35g (18.31%), Sugar: 19.48g (21.65%), Cholesterol: 81.55mg (27.18%), Sodium: 408mg (17.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.5g (33.01%), Vitamin C: 45.33mg (54.95%), Calcium: 499.2mg (49.92%), Phosphorus: 484.93mg (48.49%), Potassium: 1437.71mg (41.08%), Vitamin B2: 0.63mg (37.27%), Vitamin B6: 0.72mg (35.87%), Magnesium: 94.22mg (23.56%), Fiber: 4.69g (18.74%), Vitamin B5: 1.78mg (17.78%), Vitamin B1: 0.25mg (16.97%), Manganese: 0.34mg (16.88%), Vitamin A: 778.15IU (15.56%), Copper: 0.3mg (14.93%), Zinc: 2.02mg (13.47%), Vitamin B3: 2.6mg (12.98%), Folate: 48.69µg (12.17%), Iron: 2mg (11.13%), Selenium: 4.86µg (6.94%), Vitamin K: 6.09µg (5.8%), Vitamin B12: 0.31µg (5.13%), Vitamin E: 0.63mg (4.2%), Vitamin D: 0.39µg (2.58%)