



## Potato and Cheddar Soup

READY IN



45 min.

SERVINGS



10

CALORIES



155 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 tablespoons butter melted
- 1 cup ham diced
- 3 tablespoons flour all-purpose
- 3 cups milk
- 1 small onion chopped
- 2 cups potatoes red cubed peeled
- 10 servings salt and pepper to taste
- 1 cup cheddar cheese shredded
- 2 cups water

0.5 teaspoon sugar white

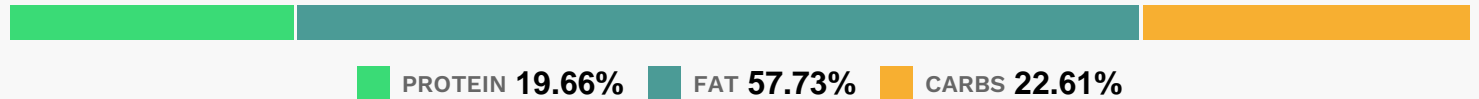
## Equipment

pot

## Directions

- Using a medium sized stock pot bring water to a boil, add potatoes and cook until tender.
- Drain reserving 1 cup liquid.
- Stir in butter, onion and flour. Season with salt and pepper. Gradually stir in potatoes, reserved liquid, milk, sugar, cheese, and ham. Simmer for 30 minutes, stirring frequently.

## Nutrition Facts



## Properties

Glycemic Index:28.71, Glycemic Load:2.9, Inflammation Score:-3, Nutrition Score:5.0826087049816%

## Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

## Nutrients (% of daily need)

Calories: 154.61kcal (7.73%), Fat: 10.05g (15.46%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8.42g (3.06%), Sugar: 4.46g (4.96%), Cholesterol: 35.22mg (11.74%), Sodium: 476.51mg (20.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.39%), Calcium: 175.92mg (17.59%), Phosphorus: 140.3mg (14.03%), Vitamin B2: 0.17mg (10%), Vitamin B12: 0.52µg (8.7%), Selenium: 5.51µg (7.86%), Vitamin A: 337.96IU (6.76%), Vitamin D: 0.87µg (5.82%), Potassium: 200.43mg (5.73%), Zinc: 0.8mg (5.34%), Vitamin B1: 0.08mg (5.17%), Vitamin B6: 0.09mg (4.37%), Magnesium: 16.89mg (4.22%), Vitamin B5: 0.38mg (3.85%), Folate: 10.65µg (2.66%), Manganese: 0.05mg (2.5%), Vitamin C: 1.81mg (2.19%), Vitamin B3: 0.4mg (1.99%), Copper: 0.04mg (1.91%), Iron: 0.32mg (1.79%), Fiber: 0.43g (1.74%), Vitamin E: 0.22mg (1.49%), Vitamin K: 1.25µg (1.19%)