



Potato and Cheese Soup

 Vegetarian

READY IN



46 min.

SERVINGS



5

CALORIES



197 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 ounces asiago cheese grated
- 3 cups baking potatoes cubed peeled (3 medium)
- 0.3 teaspoon pepper black
- 0.5 teaspoon chervil dried
- 3 cups fat-skimmed beef broth fat-free
- 0.3 cup flour all-purpose
- 1 clove garlic minced
- 1 cup leek sliced (1 large)

- 1.5 teaspoons butter light
- 1 cup milk 2% reduced-fat
- 1.5 teaspoons olive oil
- 0.3 teaspoon salt

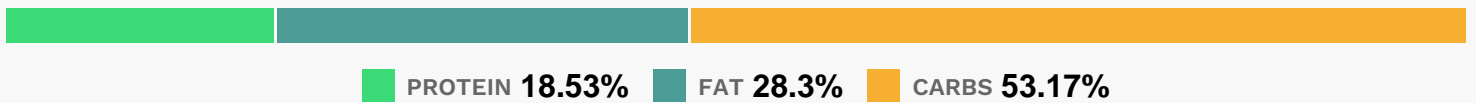
Equipment

- food processor
- dutch oven

Directions

- Heat oil and butter in a Dutch oven over medium-high heat until butter melts.
- Add leeks and garlic; saut 2 to 3 minutes or until leeks are tender.
- Reduce heat to medium.
- Add flour; cook 1 minute. Gradually add broth, stirring constantly until slightly thick.
- Add potato and chervil. Bring to a boil; cover and simmer 30 to 35 minutes or until potato is tender.
- Place 1/2 of soup in a food processor; process until smooth. Return mixture to Dutch oven; stir well. Stir in milk, cheese, salt, and pepper; cook 2 minutes or until thoroughly heated. Top with green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:56.15, Glycemic Load:17.11, Inflammation Score:-5, Nutrition Score:10.591739228238%

Flavonoids

Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 197.36kcal (9.87%), Fat: 6.3g (9.7%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 24.95g (9.07%), Sugar: 3.96g (4.4%), Cholesterol: 13.05mg (4.35%), Sodium: 886.05mg (38.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.57%), Calcium: 221.95mg (22.19%), Vitamin B6: 0.41mg (20.5%), Phosphorus: 201.21mg (20.12%), Manganese: 0.32mg (15.83%), Potassium: 536.7mg (15.33%), Selenium: 9.49µg (13.56%), Vitamin B2: 0.22mg (13.03%), Vitamin B1: 0.17mg (11.16%), Vitamin B3: 2.21mg (11.06%), Vitamin B12: 0.66µg (11.01%), Vitamin K: 11.26µg (10.72%), Folate: 40.02µg (10.01%), Iron: 1.78mg (9.88%), Magnesium: 39.01mg (9.75%), Vitamin A: 460.63IU (9.21%), Vitamin C: 7.55mg (9.15%), Copper: 0.16mg (7.93%), Vitamin B5: 0.71mg (7.11%), Fiber: 1.7g (6.79%), Zinc: 0.9mg (6.03%), Vitamin E: 0.41mg (2.76%)