



Potato and Ham Soup

 Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



236 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup carrots diced
- ☐ 0.8 cup celery diced
- ☐ 21.5 ounce campbell's® condensed cream of celery soup canned
- ☐ 1.5 cups ham diced
- ☐ 0.5 teaspoon ground pepper black to taste
- ☐ 1 cup heavy cream
- ☐ 1 cup onion diced
- ☐ 5 cups potatoes diced peeled

- ☐ 2 teaspoons salt to taste
- ☐ 4 cups water

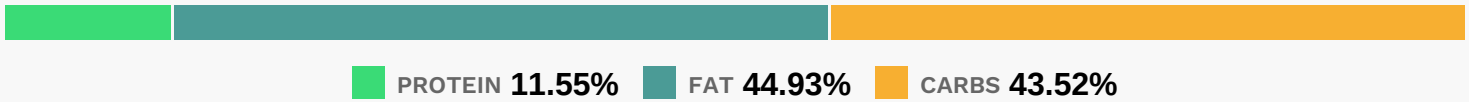
Equipment

- ☐ pot

Directions

- ☐ Bring the potatoes, onion, celery, carrot, salt, pepper, and water to a boil in a large pot. Cook until the vegetables are tender, about 15 minutes.
- ☐ Add the ham, cream of celery soup, and heavy cream; return to a simmer and cook for 5 minutes. Adjust the seasoning and serve.

Nutrition Facts



Properties

Glycemic Index:22.16, Glycemic Load:14.11, Inflammation Score:-9, Nutrition Score:10.965652061545%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 235.62kcal (11.78%), Fat: 12.07g (18.57%), Saturated Fat: 6.2g (38.74%), Carbohydrates: 26.31g (8.77%), Net Carbohydrates: 22.95g (8.34%), Sugar: 3.88g (4.31%), Cholesterol: 42.76mg (14.25%), Sodium: 1033.32mg (44.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Vitamin A: 2162.5IU (43.25%), Vitamin C: 22.93mg (27.8%), Vitamin B6: 0.36mg (18.13%), Potassium: 599.59mg (17.13%), Manganese: 0.34mg (16.95%), Vitamin K: 16.95µg (16.15%), Fiber: 3.36g (13.45%), Copper: 0.21mg (10.75%), Phosphorus: 101.92mg (10.19%), Vitamin B5: 1mg (9.98%), Magnesium: 33.58mg (8.39%), Vitamin B1: 0.12mg (7.88%), Vitamin E: 1.16mg (7.76%), Iron: 1.35mg (7.49%), Vitamin B3: 1.42mg (7.11%), Vitamin B2: 0.12mg (6.85%), Folate: 26.58µg (6.64%), Calcium: 61.26mg (6.13%), Zinc: 0.51mg (3.38%), Selenium: 2.25µg (3.22%), Vitamin D: 0.38µg (2.54%), Vitamin B12: 0.06µg (1.04%)