



Potato-And-Leek Soup

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon reduced-sodium
- ☐ 2 pounds baking potato cubed peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup half-and-half fat-free
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 cups leek sliced (3)

- ☐ 0.5 cup cream cheese light tub-style
- ☐ 0.8 teaspoon salt

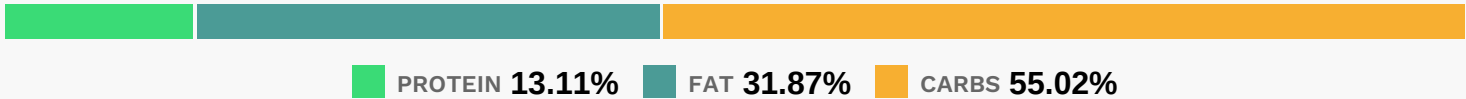
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ potato masher
- ☐ dutch oven

Directions

- ☐ Place potato in a Dutch oven; add water to cover. Bring to boil: cover, reduce heat, and simmer 15 minutes or until tender.
- ☐ Drain. Mash slightly with a potato masher.
- ☐ Cook bacon in a nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 2 tablespoons drippings; crumble.
- ☐ Add leek and garlic to bacon drippings in pan; saut 5 minutes.
- ☐ Add leek mixture to potato; stir in cream cheese until blended.
- ☐ Add broth and flour, stirring well with a whisk. Bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes.
- ☐ Add half-and-half and remaining 3 ingredients; stir well.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:23.48, Inflammation Score:-7, Nutrition Score:15.036956509818%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol:

0.81mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 275.1kcal (13.76%), Fat: 9.93g (15.28%), Saturated Fat: 4.16g (25.99%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 35.94g (13.07%), Sugar: 5.48g (6.09%), Cholesterol: 22.45mg (7.48%), Sodium: 1132.33mg (49.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.38%), Vitamin K: 39.12µg (37.26%), Vitamin B6: 0.7mg (34.95%), Potassium: 903.77mg (25.82%), Manganese: 0.45mg (22.54%), Phosphorus: 225.02mg (22.5%), Vitamin C: 14.54mg (17.62%), Vitamin B3: 3.29mg (16.46%), Vitamin B1: 0.24mg (15.73%), Vitamin A: 742.12IU (14.84%), Vitamin B2: 0.24mg (14.21%), Magnesium: 55.73mg (13.93%), Selenium: 9.7µg (13.85%), Iron: 2.41mg (13.36%), Folate: 51.41µg (12.85%), Vitamin B12: 0.76µg (12.74%), Copper: 0.25mg (12.41%), Calcium: 116.06mg (11.61%), Vitamin B5: 1.13mg (11.28%), Fiber: 2.64g (10.56%), Zinc: 1.15mg (7.65%), Vitamin E: 0.43mg (2.89%)