



Potato and Onion Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons chives fresh chopped
- 0.5 cup cup heavy whipping cream
- 2 leek
- 0.3 cup butter
- 1 onion thinly sliced
- 2 potatoes – remove skin red peeled sliced
- 1 tablespoon salt
- 2 quarts water

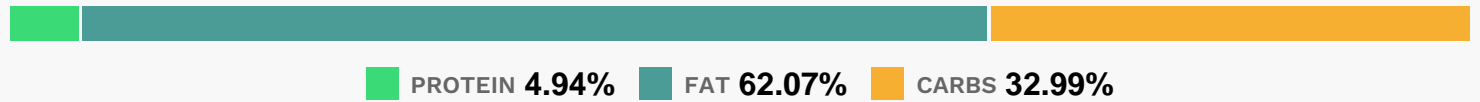
Equipment

- frying pan
- sauce pan

Directions

- In a heavy 4 quart pan, melt 1/4 cup butter and onion until wilted.
- Add cleaned and sliced leeks, potatoes, water and salt. Bring to a boil and simmer, partially covered, for 45 minutes or until potatoes are very tender.
- Remove from heat and cool if you want. Blend the cooked mixture until smooth. Return to the saucepan; add 1/4 cup butter, cream and chives. Check for seasonings.
- Heat, but do not boil or the cream will curdle.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.18, Inflammation Score:-6, Nutrition Score:5.8995652043301%

Flavonoids

Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 158.26kcal (7.91%), Fat: 11.24g (17.3%), Saturated Fat: 4.64g (29.01%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 11.88g (4.32%), Sugar: 2.59g (2.88%), Cholesterol: 16.81mg (5.6%), Sodium: 969.41mg (42.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Vitamin A: 896.29IU (17.93%), Vitamin K: 14.93µg (14.22%), Vitamin C: 9.02mg (10.94%), Manganese: 0.21mg (10.32%), Potassium: 323.03mg (9.23%), Vitamin B6: 0.17mg (8.31%), Copper: 0.15mg (7.27%), Folate: 28.28µg (7.07%), Fiber: 1.57g (6.27%), Magnesium: 23.43mg (5.86%), Phosphorus: 55.17mg (5.52%), Iron: 0.93mg (5.14%), Vitamin B1: 0.07mg (4.49%), Calcium: 42.23mg (4.22%), Vitamin E: 0.57mg (3.81%), Vitamin B3: 0.74mg (3.68%), Vitamin B2: 0.06mg (3.46%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.29mg (1.96%), Vitamin D: 0.24µg (1.59%), Selenium: 1.02µg (1.45%)