



Potato, Cheddar, and Chive Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups chicken stock see as needed plus more
- 0.3 cup chives fresh chopped
- 1 large clove garlic
- 1 cup cup heavy whipping cream sour
- 4 large potatoes peeled sliced
- 6 servings pepper black freshly ground
- 1 cup sharp cheddar cheese smoked shredded
- 0.3 cup sharp cheddar cheese crumbled for garnish

Equipment

- food processor
- bowl
- ladle
- blender
- slow cooker

Directions

- Place the potatoes and 1 cup of the stock in the slow cooker. Cover and cook on high for 2 hours, or until the potatoes are just tender.
- Transfer two-thirds of the potatoes to a food processor or blender, along with the cooking liquid.
- Add the garlic. Blend to the desired consistency: a blender will yield a smooth texture, a food processor a rough, rustic consistency.
- Return the potato purée to the slow cooker and stir in the shredded cheese, the remaining 2/3 cup stock, and the chives. Cover and cook on low for 30 minutes, or until the soup is well heated.
- Add extra stock or water if the soup is too thick. Break up the whole potato slices with a fork to achieve a texture that suits you. Season with salt and pepper. Stir in the cream just before serving.
- Ladle into soup bowls, sprinkle with the crumbled cheese, and serve immediately.
- For a Southwestern version of this soup, use cilantro instead of chives, and add 1 (4-ounce) can chopped roasted green chiles and 1 teaspoon each ground cumin and coriander.
- This recipe was originally prepared in an oval, 5-quart slow cooker.
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Nutrition Facts



■ PROTEIN 12.94% ■ FAT 45.37% ■ CARBS 41.69%

Properties

Glycemic Index:40.79, Glycemic Load:31.69, Inflammation Score:-7, Nutrition Score:19.57260880263%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 479.43kcal (23.97%), Fat: 24.48g (37.67%), Saturated Fat: 14.23g (88.91%), Carbohydrates: 50.63g (16.88%), Net Carbohydrates: 45.14g (16.41%), Sugar: 5.72g (6.35%), Cholesterol: 73.17mg (24.39%), Sodium: 408.39mg (17.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.42%), Vitamin C: 50.14mg (60.78%), Vitamin B6: 0.86mg (43.11%), Potassium: 1267.74mg (36.22%), Phosphorus: 316.14mg (31.61%), Vitamin B3: 5.17mg (25.87%), Vitamin B2: 0.4mg (23.28%), Calcium: 229.82mg (22.98%), Fiber: 5.49g (21.96%), Manganese: 0.41mg (20.32%), Copper: 0.37mg (18.48%), Magnesium: 73.11mg (18.28%), Vitamin A: 901.85IU (18.04%), Vitamin B1: 0.27mg (18%), Selenium: 12.2µg (17.43%), Folate: 55.67µg (13.92%), Iron: 2.38mg (13.21%), Zinc: 1.91mg (12.75%), Vitamin K: 10.55µg (10.05%), Vitamin B5: 0.94mg (9.36%), Vitamin B12: 0.31µg (5.22%), Vitamin D: 0.78µg (5.17%), Vitamin E: 0.62mg (4.13%)