



Potato Cheese Calico Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup asiago cheese freshly grated
- 2.5 cups chicken broth
- 1 cup mushrooms fresh sliced
- 2 tablespoons parsley fresh chopped
- 0.5 cup green onions chopped
- 0.5 cup milk
- 1 cup onion sliced
- 1 pound potatoes thinly sliced

- 0.5 cup bell pepper diced red
- 6 servings salt and pepper to taste

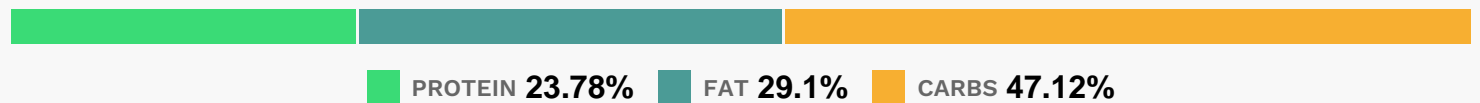
Equipment

- sauce pan
- blender

Directions

- In 3 quart saucepan, combine potatoes, onions and broth. Bring to a boil, reduce heat to low and cook for 10 minutes or until potatoes are tender.
- Transfer soup to a blender and puree. Return blended soup to saucepan and stir in milk, mushrooms, bell pepper and green onions.
- Simmer over medium-low heat and add cheese, a few tablespoons at a time, continually stirring to ensure it melts. Season with salt and pepper, sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:11.14, Inflammation Score:-7, Nutrition Score:13.044782648916%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg

Nutrients (% of daily need)

Calories: 162.18kcal (8.11%), Fat: 5.37g (8.27%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 16.78g (6.1%), Sugar: 4.3g (4.77%), Cholesterol: 15.73mg (5.24%), Sodium: 840.77mg (36.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.76%), Vitamin C: 36.44mg (44.16%), Vitamin K: 41.61µg (39.63%), Calcium: 250.77mg (25.08%), Phosphorus: 211.79mg (21.18%), Vitamin B6: 0.34mg (17.08%), Potassium: 528.17mg (15.09%), Vitamin A: 751.28IU (15.03%), Vitamin B2: 0.26mg (15.02%), Manganese: 0.24mg (11.83%), Fiber: 2.8g (11.19%), Vitamin B3: 1.87mg (9.35%), Selenium: 6.44µg (9.2%), Vitamin B1: 0.14mg (9.11%), Magnesium: 36.08mg

(9.02%), Copper: 0.17mg (8.72%), Folate: 34.12µg (8.53%), Vitamin B5: 0.71mg (7.07%), Zinc: 1.04mg (6.91%), Iron: 1.19mg (6.62%), Vitamin B12: 0.34µg (5.6%), Vitamin E: 0.35mg (2.35%), Vitamin D: 0.34µg (2.26%)