

food
network

 **4%**
HEALTH SCORE

Potato Cheese Soup

 **Vegetarian**  **Gluten Free**

READY IN



70 min.

SERVINGS



8

CALORIES



247 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 1 cup cheddar cheese grated
- 1 teaspoon dijon mustard
- 0.5 cup cup heavy whipping cream
- 3 cups leek sliced
- 4 cups potatoes diced peeled
- 8 servings salt and pepper
- 8 cups water

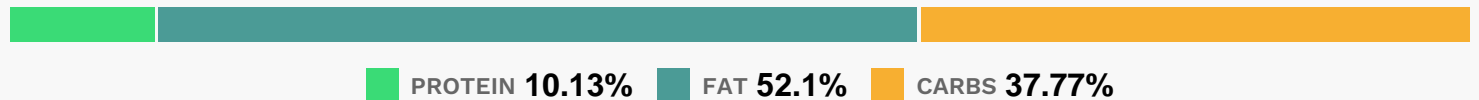
Equipment

- bowl
- pot
- blender

Directions

- In large pot melt butter.
- Add leeks and cook over medium heat, stirring occasionally.
- Add potatoes and season with salt and pepper.
- Add water and bring to a simmer. Cook until vegetables are tender.
- Place 3/4 of soup into a blender and puree, return to pot and bring to simmer.
- Add mustard and cheese. Stir until smooth.
- Add cream and bring to simmer.
- Pour into bowl and serve.

Nutrition Facts



Properties

Glycemic Index:28.09, Glycemic Load:14.85, Inflammation Score:-7, Nutrition Score:10.935217421988%

Flavonoids

Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 247.44kcal (12.37%), Fat: 14.65g (22.53%), Saturated Fat: 8.87g (55.46%), Carbohydrates: 23.89g (7.96%), Net Carbohydrates: 20.95g (7.62%), Sugar: 2.61g (2.9%), Cholesterol: 42.22mg (14.07%), Sodium: 355.62mg (15.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.81%), Vitamin C: 24.78mg (30.04%), Vitamin A: 1050.3IU (21.01%), Vitamin B6: 0.4mg (20.15%), Vitamin K: 18.87µg (17.97%), Manganese: 0.33mg (16.29%), Potassium: 529.37mg (15.12%), Calcium: 150.84mg (15.08%), Phosphorus: 146.79mg (14.68%), Fiber: 2.94g (11.75%),

Folate: 41.92µg (10.48%), Magnesium: 41.13mg (10.28%), Copper: 0.2mg (9.91%), Iron: 1.57mg (8.72%), Vitamin B2: 0.14mg (8%), Selenium: 5.36µg (7.65%), Vitamin B1: 0.11mg (7.5%), Vitamin B3: 1.26mg (6.31%), Zinc: 0.93mg (6.21%), Vitamin B5: 0.46mg (4.61%), Vitamin E: 0.68mg (4.56%), Vitamin B12: 0.18µg (3.04%), Vitamin D: 0.32µg (2.15%)