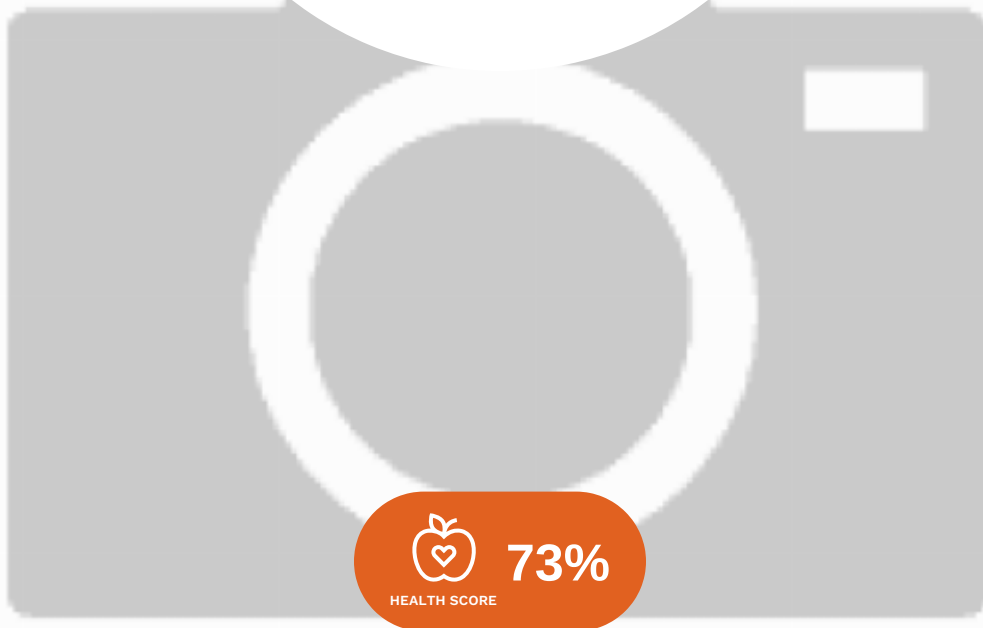




Potato Ginger Soup



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



192 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups chicken broth
- ☐ 3 tablespoons ginger root fresh grated
- ☐ 1 pound mushrooms fresh chopped
- ☐ 0.3 cup green onion chopped
- ☐ 6 servings bell pepper to taste
- ☐ 3 large potatoes sliced

Equipment

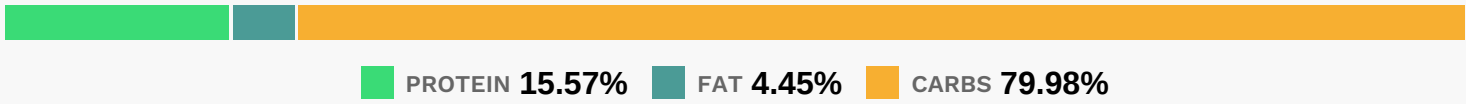
- ☐ frying pan

- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ In a large pot, combine the potatoes, chicken broth, mushrooms and ginger. Bring to a boil, and cook for about 20 minutes. Season with pepper. Puree in batches using a blender, or in the pan using an immersion blender.
- ☐ Serve hot, garnished with green onions.

Nutrition Facts



Properties

Glycemic Index:32.46, Glycemic Load:25.22, Inflammation Score:-9, Nutrition Score:22.451738958773%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 191.6kcal (9.58%), Fat: 1.01g (1.55%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 40.81g (13.6%), Net Carbohydrates: 34.25g (12.45%), Sugar: 6.9g (7.66%), Cholesterol: 3.13mg (1.04%), Sodium: 600.18mg (26.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.89%), Vitamin C: 134.25mg (162.73%), Vitamin A: 2380.96IU (47.62%), Vitamin B6: 0.85mg (42.39%), Potassium: 1228.57mg (35.1%), Vitamin B2: 0.52mg (30.78%), Vitamin B3: 5.79mg (28.97%), Fiber: 6.56g (26.23%), Manganese: 0.49mg (24.4%), Copper: 0.49mg (24.36%), Folate: 79.69µg (19.92%), Phosphorus: 198.55mg (19.85%), Vitamin B5: 1.94mg (19.38%), Vitamin B1: 0.29mg (19.01%), Magnesium: 62.08mg (15.52%), Vitamin K: 15.78µg (15.03%), Iron: 2.33mg (12.94%), Selenium: 8.33µg (11.91%), Vitamin E: 1.3mg (8.65%), Zinc: 1.25mg (8.35%), Calcium: 39.45mg (3.94%), Vitamin B12: 0.06µg (1.03%), Vitamin D: 0.15µg (1.01%)