



Potato, Leek, and Pea Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 quarts chicken broth
- ☐ 1 pinch tarragon dried
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 3 leeks white green thinly sliced (and pale parts only)
- ☐ 3 cups milk
- ☐ 3 cups peas frozen
- ☐ 5 pounds potatoes peeled thinly sliced

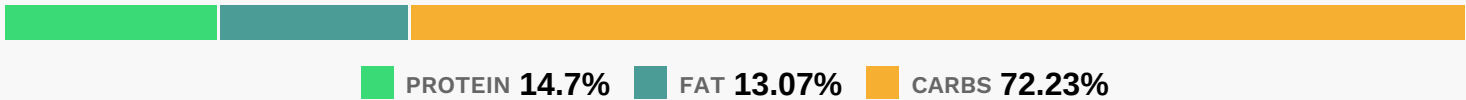
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in a large pot over medium-high heat. Cook and stir leeks in the melted butter until tender, 5 to 7 minutes.
- ☐ Stir potatoes and chicken broth into the leeks and bring to a boil; reduce heat to medium-low, cover the pot, and simmer until potatoes are tender, about 12 minutes.
- ☐ Stir peas and tarragon into the soup; simmer until peas are tender, about 5 minutes.
- ☐ Pour the soup into a blender, filling the pitcher no more than half full.
- ☐ Hold down the lid of the blender with a towel and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup in the pot.
- ☐ Pour milk into the pureed soup and bring to a simmer over medium heat until heated through. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:43.76, Glycemic Load:41.35, Inflammation Score:-9, Nutrition Score:27.361739096434%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 364.96kcal (18.25%), Fat: 5.43g (8.35%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 67.54g (22.51%), Net Carbohydrates: 57.57g (20.93%), Sugar: 12.02g (13.35%), Cholesterol: 19.47mg (6.49%), Sodium: 950.27mg

(41.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.74g (27.49%), Vitamin C: 81.67mg (98.99%), Vitamin B6: 1.07mg (53.26%), Manganese: 0.95mg (47.62%), Potassium: 1571.62mg (44.9%), Fiber: 9.97g (39.89%), Phosphorus: 334.85mg (33.48%), Vitamin K: 35.12µg (33.45%), Vitamin B1: 0.49mg (32.86%), Magnesium: 106.48mg (26.62%), Vitamin B2: 0.44mg (25.93%), Folate: 102.47µg (25.62%), Vitamin B3: 4.89mg (24.43%), Copper: 0.48mg (24.03%), Vitamin A: 1180.49IU (23.61%), Iron: 3.93mg (21.82%), Calcium: 191.6mg (19.16%), Zinc: 2.08mg (13.9%), Vitamin B5: 1.31mg (13.08%), Vitamin B12: 0.54µg (9.07%), Selenium: 4.88µg (6.97%), Vitamin D: 1.01µg (6.71%), Vitamin E: 0.59mg (3.92%)