



Potato-Leek Bisque

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 14.5 ounce canned tomatoes canned
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 24 ounce garlic-seasoned potatoes frozen
- ☐ 2 large leeks white chopped
- ☐ 4 cups chicken broth reduced-sodium
- ☐ 4 cloves roasted garlic
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 servings scallions finely chopped green onions

☐ 4 servings cup heavy whipping cream sour

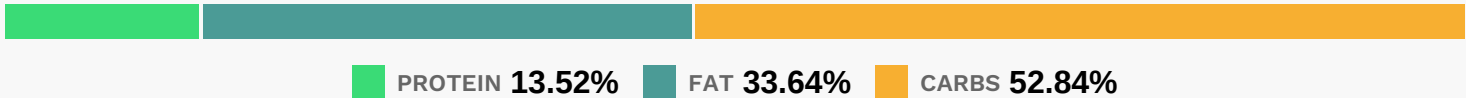
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ In a large saucepan or soup pot, melt butter over medium-high heat.
- ☐ Add leeks and garlic; saute about 5 minutes or until tender.
- ☐ Add chicken broth, frozen potatoes, and the tomatoes. Bring to a boil. Reduce heat and simmer for 15 minutes. Working in batches, puree soup in a blender, filling the blender only half full for each batch. (Soup can be stored in refrigerator for up to two days at this point.)
- ☐ Return soup to pan. Stir in cream and heat through over low heat. Season to taste with salt and pepper.
- ☐ Garnish servings with sour cream and chopped scallions.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:20.07, Inflammation Score:-9, Nutrition Score:34.837826086127%

Flavonoids

Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 2.88mg, Myricetin: 2.88mg, Myricetin: 2.88mg, Myricetin: 2.88mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 532.98kcal (26.65%), Fat: 21.46g (33.02%), Saturated Fat: 12.29g (76.82%), Carbohydrates: 75.85g (25.28%), Net Carbohydrates: 69.28g (25.19%), Sugar: 9.72g (10.8%), Cholesterol: 55.75mg (18.58%), Sodium: 302.52mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.4g (38.8%), Manganese: 3.32mg

(166.01%), Vitamin B6: 2.45mg (122.37%), Vitamin C: 70.22mg (85.11%), Copper: 0.89mg (44.56%), Calcium: 422.14mg (42.21%), Phosphorus: 414.53mg (41.45%), Vitamin K: 43.51µg (41.44%), Selenium: 27.09µg (38.7%), Potassium: 1341.12mg (38.32%), Vitamin A: 1725.72IU (34.51%), Iron: 5.85mg (32.48%), Vitamin B1: 0.46mg (30.81%), Vitamin B3: 5.94mg (29.72%), Fiber: 6.57g (26.28%), Vitamin B2: 0.41mg (24.2%), Magnesium: 83.44mg (20.86%), Zinc: 2.72mg (18.11%), Vitamin E: 2.35mg (15.65%), Vitamin B5: 1.51mg (15.09%), Folate: 53.01µg (13.25%), Vitamin B12: 0.32µg (5.35%), Vitamin D: 0.48µg (3.17%)