



Potato Leek Fondue Soup

 **Gluten Free**

READY IN

ready

26 min.

SERVINGS

servings

8

CALORIES

calories

248 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 quart chicken broth
- ☐ 1 can condensed cream of potato soup
- ☐ 8 servings chives fresh finely chopped for garnish
- ☐ 2 tablespoons garlic crushed
- ☐ 3 large leeks white green sliced for stuffed mushrooms
- ☐ 1 cup cup heavy whipping cream light
- ☐ 8 servings salt and pepper black freshly ground

☐ 30 ounce potatoes white chopped canned

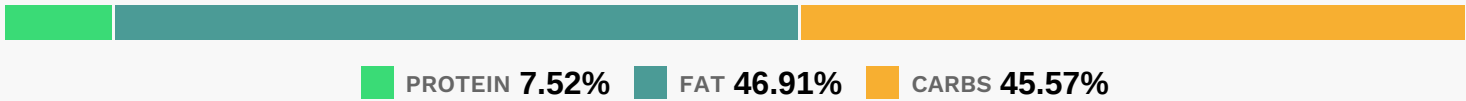
Equipment

- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Melt butter in a large soup pot over medium-high heat.
- ☐ Add leeks and garlic and saute until tender, about 5 minutes.
- ☐ Add the soup, light cream, chicken broth and potatoes. Bring to a boil then reduce heat and let simmer for 15 minutes. Puree with a hand blender or in a blender, working in batches. (Soup can be stored in refrigerator for up to 2 days at this point.) Seasoning with salt and pepper.
- ☐ Serve hot garnished with chopped chives.

Nutrition Facts



Properties

Glycemic Index:34.09, Glycemic Load:15.13, Inflammation Score:-7, Nutrition Score:11.548260782076%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 247.67kcal (12.38%), Fat: 13.25g (20.39%), Saturated Fat: 8.01g (50.04%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 25.79g (9.38%), Sugar: 3.36g (3.73%), Cholesterol: 44.96mg (14.99%), Sodium: 715.63mg (31.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.57%), Vitamin C: 26.33mg (31.92%), Manganese: 0.54mg (27.11%), Vitamin B6: 0.44mg (21.89%), Vitamin K: 21.5µg (20.48%), Vitamin A: 1021.13IU (20.42%), Potassium: 612.62mg (17.5%), Copper: 0.26mg (12.99%), Fiber: 3.18g (12.74%), Phosphorus: 113.98mg (11.4%), Folate: 41.56µg (10.39%), Vitamin B1: 0.15mg (10.19%), Iron: 1.83mg (10.15%), Vitamin B2: 0.17mg (9.82%), Magnesium: 38.61mg (9.65%), Vitamin B3: 1.71mg (8.56%), Vitamin B5: 0.74mg (7.37%), Calcium: 69.72mg (6.97%), Vitamin E: 0.74mg (4.94%), Zinc: 0.73mg (4.86%), Selenium: 2.33µg (3.33%), Vitamin B12: 0.1µg (1.74%), Vitamin D:

0.18µg (1.19%)