



 **100%**  
HEALTH SCORE

## Potato-Leek Soup

 Vegetarian  Gluten Free  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 lb baking potatoes cubed peeled ( 4)
- 0.5 tsp pepper black
- 8 oz philadelphia cream cheese cubed
- 0.3 cup chives fresh chopped
- 1.5 lb leeks cut into 1/ slices
- 0.5 cup milk
- 2 Tbsp olive oil
- 1 tsp salt

5 cups water

## Equipment

frying pan

blender

dutch oven

## Directions

Heat oil in Dutch oven on medium heat.

Add leeks; cook 5 min. or until tender, stirring occasionally.

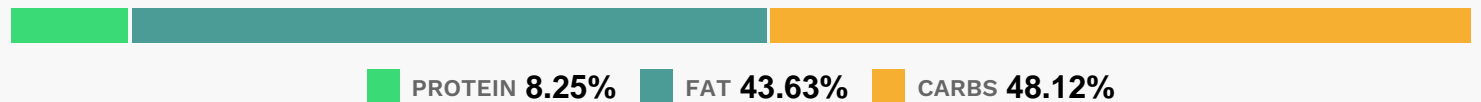
Add potatoes, water, salt and pepper; cover. Bring to boil; simmer on medium–low heat 15 to 20 min. or until potatoes are tender. Cool 10 min.

Blend leek mixture, in batches, in blender until smooth. Return to pan.

Add cream cheese, a few cubes at a time; cook on medium heat until cream cheese is completely melted and mixture is well blended, stirring constantly.

Add milk; cook 2 to 3 min. or until heated through, stirring occasionally. Top with chives.

## Nutrition Facts



## Properties

Glycemic Index:258.75, Glycemic Load:161.68, Inflammation Score:-10, Nutrition Score:76.457825992418%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 19.17mg, Kaempferol: 19.17mg, Kaempferol: 19.17mg, Kaempferol: 19.17mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

## Nutrients (% of daily need)

Calories: 2251.73kcal (112.59%), Fat: 112.79g (173.53%), Saturated Fat: 52.48g (328.02%), Carbohydrates: 279.83g (93.28%), Net Carbohydrates: 255.29g (92.83%), Sugar: 46.75g (51.94%), Cholesterol: 243.7mg (81.23%), Sodium: 3325.62mg (144.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48g (96%), Vitamin K: 381.03µg

(362.89%), Vitamin A: 15035.43IU (300.71%), Vitamin B6: 4.93mg (246.66%), Manganese: 4.9mg (244.88%), Vitamin C: 139.17mg (168.69%), Potassium: 5533.68mg (158.11%), Folate: 593.54µg (148.38%), Iron: 22.77mg (126.52%), Magnesium: 452.01mg (113%), Phosphorus: 1110.36mg (111.04%), Copper: 2.01mg (100.65%), Fiber: 24.54g (98.17%), Calcium: 940.25mg (94.03%), Vitamin B1: 1.28mg (85.43%), Vitamin E: 12.43mg (82.83%), Vitamin B2: 1.21mg (70.99%), Vitamin B3: 12.52mg (62.61%), Vitamin B5: 5.48mg (54.77%), Selenium: 32.4µg (46.29%), Zinc: 5.27mg (35.16%), Vitamin B12: 1.16µg (19.3%), Vitamin D: 1.34µg (8.95%)