

Potato Leek Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



140 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups arugula thinly sliced
- 0.3 teaspoon pepper black freshly ground
- 2.5 cups leek thinly sliced (2 large)
- 1 tablespoon olive oil
- 0.3 teaspoon salt
- 5 cups vegetable broth organic (such as Swanson Certified)
- 2.5 pounds yukon gold red cubed peeled

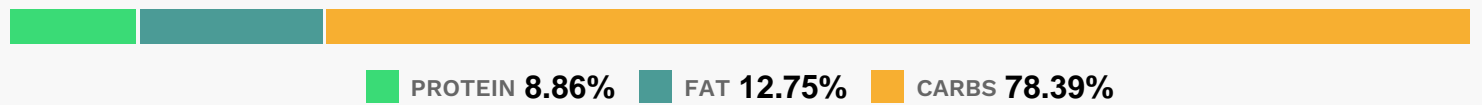
Equipment

- frying pan
- sauce pan
- blender

Directions

- Heat oil in a large saucepan over medium-high heat.
- Add leek; saut 5 minutes or until tender.
- Add potato and vegetable broth; bring to a boil. Reduce heat, and simmer 25 minutes or until potato is tender.
- Place 3 cups of potato mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return pureed mixture to pan; bring to a simmer. Stir in arugula, salt, and pepper; cook 2 minutes or until arugula wilts.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:1.99, Inflammation Score:-7, Nutrition Score:9.4586955982706%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 140.41kcal (7.02%), Fat: 2.07g (3.18%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 25.58g (9.3%), Sugar: 4.26g (4.74%), Cholesterol: 0mg (0%), Sodium: 692.65mg (30.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin K: 23.79µg (22.66%), Potassium: 714.33mg (20.41%), Vitamin C: 16.28mg (19.73%), Vitamin A: 905.39IU (18.11%), Manganese: 0.36mg (17.89%), Vitamin B6: 0.31mg (15.48%), Folate: 48.18µg (12.04%), Fiber: 3.01g (12.02%), Copper: 0.23mg (11.4%), Magnesium: 41.43mg (10.36%), Phosphorus: 98.9mg (9.89%), Iron: 1.71mg (9.49%), Vitamin B1: 0.13mg (8.92%), Vitamin B3: 1.76mg (8.78%), Vitamin B5: 0.46mg (4.57%), Calcium: 38.92mg (3.89%), Vitamin E: 0.54mg (3.63%), Zinc: 0.53mg (3.5%), Vitamin B2: 0.06mg (3.34%), Selenium: 1.01µg (1.44%)