



 1%
HEALTH SCORE

Potato-Leek Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



78 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon butter
- 1 medium leek white
- 3.5 cups vegetable broth low-sodium
- 3 sprigs thyme leaves
- 2 cups potatoes mashed

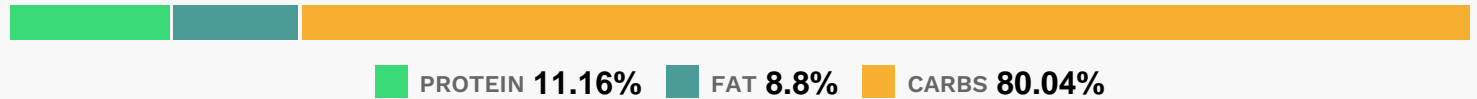
Equipment

- sauce pan
- whisk

Directions

- Rinse leeks well and pat dry. Halve lengthwise and chop. In a large saucepan, melt butter over medium high.
- Add 1 cup chopped leeks and cook, stirring, until softened, 3 minutes.
- Add broth, 1/2 cup water, and thyme and bring to a boil. Reduce to a simmer and whisk in mashed potatoes. Simmer until warmed through; season with coarse salt and ground pepper.

Nutrition Facts



Properties

Glycemic Index:35.13, Glycemic Load:9.56, Inflammation Score:-6, Nutrition Score:5.0860869529779%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 78.18kcal (3.91%), Fat: 0.79g (1.22%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 13.74g (5%), Sugar: 1.71g (1.9%), Cholesterol: 1.79mg (0.6%), Sodium: 12.57mg (0.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin C: 16.37mg (19.84%), Vitamin B6: 0.24mg (12.14%), Fiber: 2.46g (9.86%), Manganese: 0.19mg (9.35%), Potassium: 324.64mg (9.28%), Vitamin K: 8.36µg (7.96%), Vitamin A: 293.25IU (5.87%), Magnesium: 21.07mg (5.27%), Iron: 0.94mg (5.25%), Folate: 20.94µg (5.24%), Copper: 0.1mg (4.81%), Phosphorus: 45.82mg (4.58%), Vitamin B1: 0.07mg (4.35%), Vitamin B3: 0.81mg (4.03%), Vitamin B5: 0.23mg (2.31%), Calcium: 19.38mg (1.94%), Vitamin B2: 0.03mg (1.73%), Zinc: 0.23mg (1.54%), Vitamin E: 0.16mg (1.09%)