



Potato Leek Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter unsalted ()
- 6 leek white cleaned sliced
- 8 medium baking potatoes peeled thinly sliced
- 1 tablespoon coarse salt
- 5 cups chicken broth low-sodium store-bought
- 1 cup heavy whipping cream
- 1 inch nutmeg freshly grated
- 1 serving pepper white freshly ground

- 1 serving chives fresh chopped for garnish
- 2 cups frangelico

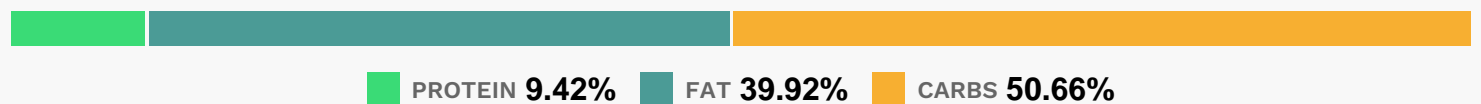
Equipment

- food processor
- bowl
- sauce pan
- sieve
- blender
- stove

Directions

- Melt butter in a large saucepan over medium heat.
- Add leeks and cook, stirring, until soften, about 10 minutes.
- Add potatoes, salt, and broth; simmer until potatoes are tender, about 30 minutes.
- Transfer mixture to the jar of a blender or bowl of a food processor; blend until smooth. Set a fine mesh strainer over a large saucepan; strain liquid into saucepan.
- Add half-and-half, heavy cream, and nutmeg; season with white pepper.
- Return to stove and gently heat over medium-high heat until warmed through.
- Serve garnished with chives.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:43.93, Inflammation Score:-9, Nutrition Score:23.813913262409%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 514.71kcal (25.74%), Fat: 23.73g (36.51%), Saturated Fat: 14.49g (90.56%), Carbohydrates: 67.77g (22.59%), Net Carbohydrates: 62.35g (22.67%), Sugar: 6.7g (7.45%), Cholesterol: 65.16mg (21.72%), Sodium: 1265.54mg (55.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.6g (25.21%), Vitamin B6: 1.22mg (61.09%), Vitamin K: 49.23µg (46.88%), Vitamin A: 2313.36IU (46.27%), Manganese: 0.9mg (44.88%), Potassium: 1555.13mg (44.43%), Vitamin C: 27.28mg (33.06%), Vitamin B3: 6.02mg (30.12%), Phosphorus: 272.67mg (27.27%), Iron: 4.83mg (26.84%), Copper: 0.51mg (25.57%), Folate: 98.93µg (24.73%), Magnesium: 95.88mg (23.97%), Fiber: 5.42g (21.68%), Vitamin B1: 0.3mg (19.7%), Vitamin B2: 0.26mg (15.17%), Calcium: 127.81mg (12.78%), Vitamin B5: 1.09mg (10.92%), Vitamin E: 1.43mg (9.55%), Zinc: 1.24mg (8.28%), Vitamin D: 0.78µg (5.18%), Selenium: 3.33µg (4.75%), Vitamin B12: 0.28µg (4.6%)