



WHATSheATE

Potato Leek Soup



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



399 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large garlic clove minced
- ☐ 1 cup half-and-half
- ☐ 2 teaspoons kosher salt
- ☐ 4 cups leeks trimmed sliced (tender parts only from 3,)
- ☐ 1 tablespoon olive oil
- ☐ 3 large russet potatoes peeled chopped
- ☐ 1 qt vegetable broth reduced-sodium

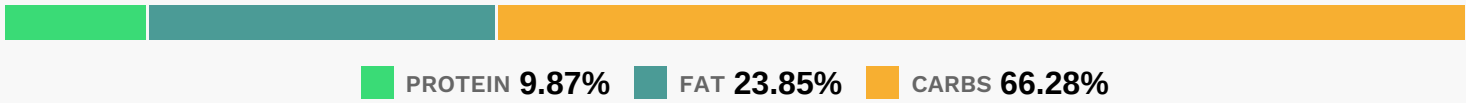
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil in a medium pot over medium heat. Cook leeks, stirring often until softened, about 5 minutes. Measure out 1/4 cup leeks and set aside.
- ☐ Add garlic to remaining leeks in pot and cook until fragrant, about 2 minutes. Increase heat to high.
- ☐ Add broth and potatoes and cook, covered, until potatoes are tender, 10 to 15 minutes.
- ☐ Add half-and-half and salt.
- ☐ Working in batches, whirl soup in a blender to pure. Divide soup among 4 bowls and top each with about 1 tbsp. reserved leeks.

Nutrition Facts



Properties

Glycemic Index:36.69, Glycemic Load:42.93, Inflammation Score:-9, Nutrition Score:21.834347533143%

Flavonoids

Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 399.02kcal (19.95%), Fat: 10.95g (16.85%), Saturated Fat: 4.84g (30.28%), Carbohydrates: 68.45g (22.82%), Net Carbohydrates: 62.24g (22.63%), Sugar: 8.69g (9.65%), Cholesterol: 21.17mg (7.06%), Sodium: 1231.48mg (53.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.19g (20.38%), Vitamin B6: 1.2mg (60.09%), Vitamin K: 49.72µg (47.35%), Manganese: 0.88mg (43.94%), Potassium: 1397.39mg (39.93%), Vitamin A: 1700.64IU (34.01%), Vitamin C: 27.23mg (33.01%), Fiber: 6.21g (24.84%), Folate: 97.54µg (24.39%), Phosphorus: 241.99mg (24.2%), Iron: 4.32mg (24.01%), Magnesium: 94.84mg (23.71%), Copper: 0.4mg (20.02%), Vitamin B1: 0.3mg (20%), Vitamin B3: 3.29mg (16.46%), Calcium: 155.34mg (15.53%), Vitamin B2: 0.24mg (13.9%), Vitamin B5: 1.14mg (11.37%), Vitamin E: 1.5mg (10.02%), Zinc: 1.16mg (7.71%), Selenium: 4.04µg (5.78%), Vitamin B12: 0.12µg (1.92%)