



Potato-Leek Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



247 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons chive
- ☐ 0.5 cup greek yogurt plain fat-free
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups leeks white green sliced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 pounds russet potatoes peeled chopped
- ☐ 1 tablespoon butter unsalted
- ☐ 5 cups water

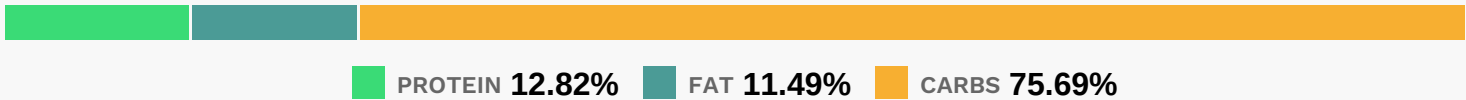
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ In a large pot, simmer leeks and next 4 ingredients (through water), covered, until potatoes are tender (20–25 minutes).
- ☐ Add butter.
- ☐ Using an immersion blender (or a standard blender, working in batches), blend until smooth. Stir in yogurt. Divide among 4 bowls; sprinkle with chives. If desired, serve chilled.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:34.03, Inflammation Score:-7, Nutrition Score:15.103043549735%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 247.42kcal (12.37%), Fat: 3.26g (5.02%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 48.36g (16.12%), Net Carbohydrates: 44.54g (16.2%), Sugar: 3.99g (4.43%), Cholesterol: 8.77mg (2.92%), Sodium: 335.17mg (14.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.19g (16.38%), Vitamin B6: 0.9mg (45.23%), Potassium: 1068.09mg (30.52%), Manganese: 0.59mg (29.74%), Vitamin K: 28.64µg (27.28%), Vitamin C: 19.14mg (23.2%), Vitamin A: 898.53IU (17.97%), Magnesium: 71.25mg (17.81%), Phosphorus: 176.22mg (17.62%), Copper: 0.34mg (17.17%), Iron: 2.94mg (16.34%), Folate: 63.68µg (15.92%), Fiber: 3.82g (15.27%), Vitamin B1: 0.22mg (14.64%), Vitamin B3: 2.59mg (12.95%), Calcium: 95.31mg (9.53%), Vitamin B2: 0.16mg (9.5%), Vitamin B5: 0.84mg (8.38%), Zinc: 0.89mg (5.91%), Selenium: 3.88µg (5.55%), Vitamin E: 0.52mg (3.47%), Vitamin B12: 0.18µg (3.02%)