



Potato-Leek Soup With Bacon

READY IN



40 min.

SERVINGS



4

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon chopped
- 1.5 cups top cubed
- 0.3 cup parsley fresh chopped
- 2 cloves garlic chopped
- 0.5 cup heavy cream
- 4 servings kosher salt and pepper freshly ground
- 2 large leeks light white green thinly sliced
- 4 cups chicken broth low-sodium
- 1.5 cups peas frozen thaw (do not)

- 2 medium russet potatoes peeled cut into 1/2-inch pieces
- 0.5 teaspoon paprika smoked
- 2 tablespoons butter unsalted

Equipment

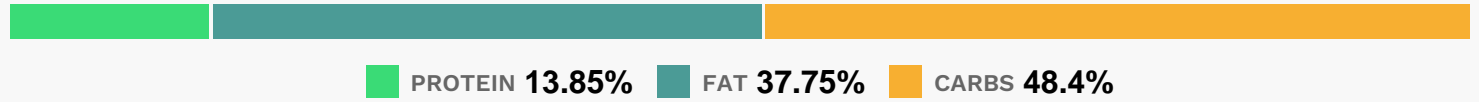
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- pot
- blender
- slotted spoon

Directions

- Preheat the oven to 400 degrees F. Make the croutons: Melt 1 tablespoon butter, then mix with the paprika in a bowl.
- Add the bread cubes and toss.
- Spread on a baking sheet and bake until golden, 8 to 10 minutes.
- Meanwhile, cook the bacon in a large saucepan over medium heat until crisp, about 8 minutes.
- Transfer with a slotted spoon to a paper towel-lined plate. Discard all but about 1 tablespoon fat from the pan.
- Add the remaining 1 tablespoon butter, then add the leeks and garlic; cover and cook until soft, about 5 minutes.
- Add the broth, 2 cups water, the potatoes and 1/4 teaspoon each salt and pepper; cover and bring to a boil over high heat. Reduce the heat to medium and simmer, partially covered, until the potatoes are tender, about 10 minutes.
- Puree half the soup in a blender (remove the filler cap to let steam escape), then return to the pot.

- Add the cream and bring to a simmer.
- Add the peas and cook until tender, about 3 minutes. Season with salt and pepper.
- Serve topped with the croutons, bacon and parsley.

Nutrition Facts



Properties

Glycemic Index:79.65, Glycemic Load:54.68, Inflammation Score:-9, Nutrition Score:33.922608375549%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 681.77kcal (34.09%), Fat: 29.22g (44.95%), Saturated Fat: 14.35g (89.69%), Carbohydrates: 84.27g (28.09%), Net Carbohydrates: 76.79g (27.92%), Sugar: 10.83g (12.03%), Cholesterol: 63.19mg (21.06%), Sodium: 972.6mg (42.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.12g (48.24%), Vitamin K: 100.11µg (95.34%), Vitamin B1: 0.96mg (64.18%), Manganese: 1.11mg (55.38%), Vitamin B3: 10.92mg (54.59%), Folate: 195.13µg (48.78%), Vitamin C: 38.8mg (47.03%), Selenium: 32.84µg (46.92%), Vitamin A: 2218.41IU (44.37%), Iron: 7.05mg (39.16%), Vitamin B6: 0.78mg (38.9%), Vitamin B2: 0.65mg (38.5%), Phosphorus: 352.7mg (35.27%), Potassium: 1069.68mg (30.56%), Fiber: 7.48g (29.92%), Copper: 0.54mg (26.98%), Magnesium: 93.21mg (23.3%), Zinc: 2.6mg (17.34%), Calcium: 140.27mg (14.03%), Vitamin B5: 0.97mg (9.72%), Vitamin E: 1.31mg (8.73%), Vitamin B12: 0.41µg (6.76%), Vitamin D: 0.67µg (4.46%)