



Potato, Onion and Blue Cheese Soup

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



20

CALORIES



96 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons chives snipped
- 2 cloves garlic minced
- 0.8 cup gorgonzola crumbled
- 1 cup half and half
- 2.5 cups chicken broth low-sodium
- 2 large onion chopped
- 20 servings salt and pepper
- 2 tablespoons butter unsalted

2.5 pounds yukon gold potatoes peeled cut into 1-inch dice (3 large)

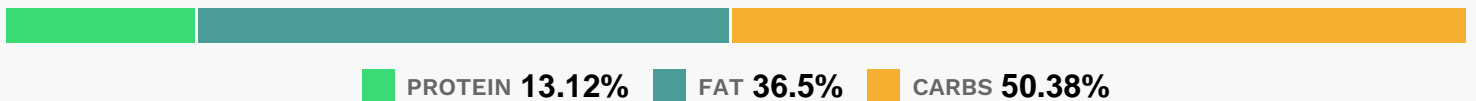
Equipment

- bowl
- sauce pan
- ladle
- blender

Directions

- In a large saucepan, melt butter over medium heat.
- Add onions and garlic and cook, stirring, until tender but not browned, about 8minutes.
- Add potatoes, season with salt and pepper and cook, stirring occasionally, for 5 minutes.
- Pour in broth; bring to a boil over high heat, then reduce heat to low, cover and simmer until potatoes are very soft, about 25 minutes.
- Remove from heat and let cool slightly.
- Add half-and-half and 3/4 cup Gorgonzola and stir until cheese has melted. Working in batches, puree soup in a blender until smooth. Rinse out saucepan, wipe dry and return soup to it. Gently rewarm soup over medium-low heat; do not boil. Season with salt and pepper. Ladle into bowls and garnish with chives and remaining 2 Tbsp. Gorgonzola.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:7.62, Inflammation Score:-3, Nutrition Score:4.4343478563039%

Flavonoids

Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 95.76kcal (4.79%), Fat: 3.99g (6.14%), Saturated Fat: 2.44g (15.23%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 10.88g (3.96%), Sugar: 1.65g (1.83%), Cholesterol: 10.42mg (3.47%), Sodium: 262.97mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Vitamin C: 12.66mg (15.34%), Vitamin B6: 0.21mg (10.27%), Potassium: 315.26mg (9.01%), Phosphorus: 74.38mg (7.44%), Fiber: 1.52g (6.06%), Manganese: 0.11mg (5.66%), Vitamin B3: 1.08mg (5.4%), Calcium: 48.03mg (4.8%), Copper: 0.09mg (4.33%), Magnesium: 17.25mg (4.31%), Vitamin B2: 0.07mg (4.23%), Vitamin B1: 0.06mg (3.87%), Folate: 14.18µg (3.54%), Iron: 0.57mg (3.15%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.39mg (2.58%), Vitamin A: 124.67IU (2.49%), Vitamin K: 2.14µg (2.04%), Selenium: 1.31µg (1.87%), Vitamin B12: 0.11µg (1.78%)