



Potato Soup Italian Style



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



335 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 eggs
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 4 potatoes peeled quartered
- ☐ 4 servings salt and pepper to taste
- ☐ 5 cups water

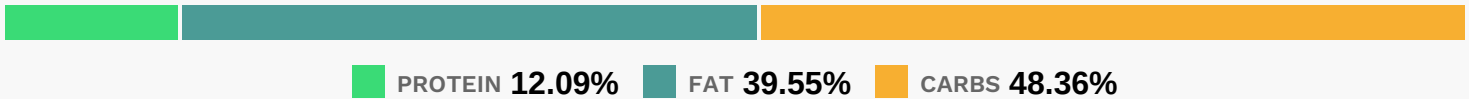
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium heat.
- ☐ Saute onions until translucent. To the onions add water, potatoes, salt and pepper. Bring to a boil; reduce heat to low and simmer for 20 minutes, or until potatoes are tender but still firm.
- ☐ Remove from heat and gently crack eggs into soup; be careful not to break eggs.
- ☐ Place on low heat until whites of eggs are cooked. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:28.01, Inflammation Score:-6, Nutrition Score:16.352174012557%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 334.75kcal (16.74%), Fat: 14.91g (22.94%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 35.71g (12.98%), Sugar: 3.41g (3.79%), Cholesterol: 163.68mg (54.56%), Sodium: 285.55mg (12.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.52%), Vitamin C: 44.74mg (54.23%), Vitamin B6: 0.75mg (37.41%), Potassium: 1012.34mg (28.92%), Phosphorus: 219.4mg (21.94%), Fiber: 5.32g (21.29%), Selenium: 14.34µg (20.48%), Manganese: 0.39mg (19.35%), Vitamin B2: 0.28mg (16.43%), Copper: 0.32mg (16.19%), Folate: 61.88µg (15.47%), Magnesium: 60.98mg (15.25%), Iron: 2.57mg (14.28%), Vitamin B1: 0.21mg (13.68%), Vitamin B5: 1.35mg (13.51%), Vitamin E: 2mg (13.35%), Vitamin B3: 2.32mg (11.61%), Vitamin K: 10.65µg (10.14%), Zinc: 1.28mg (8.53%), Calcium: 67.92mg (6.79%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin A: 242.61IU (4.85%)