



Potato Soup with Fried Almonds

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup blanched almonds and whole
- ☐ 4 servings bread sliced for serving
- ☐ 4 cups chicken broth low sodium homemade canned
- ☐ 6 medium garlic clove peeled
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 pinch saffron threads
- ☐ 2 ounces serrano ham cut into 1/4-inch dice (1/2 cup)

- ☐ 2 teaspoons sherry vinegar
- ☐ 1.5 pounds yukon gold potatoes peeled roughly chopped

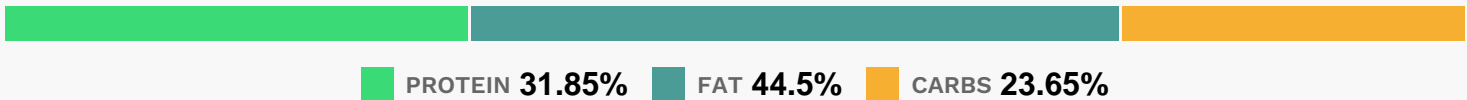
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Heat olive oil in a medium saucepan over medium-high heat until shimmering.
- ☐ Add the almonds and garlic. Cook, stirring often, until they are golden, four to five minutes.
- ☐ Remove with a slotted spoon and set aside.
- ☐ Add the ham, stir well, and cook until just beginning to render, about 1 minute.
- ☐ Add the poatoes, and cook, stirring frequently, until sizzling, about a minute longer.
- ☐ Add stock and 1 tablespoon salt and increase heat to high. Bring to a boil over high heat, and then reduce heat to a simmer.
- ☐ Meanwhile, transfer the almonds and garlic to a food processor, and process until they are finely ground. Set aside two tablespoons of the mixture.
- ☐ Add the rest of it to the saucepan and stir well.
- ☐ Place saffron in a small bowl and add two tablespoons warm water. Allow to steep for 1 to 2 minutes, then add to saucepan.
- ☐ Cover soup with lid left open a crack and simmer until about half of the potatoes have disintegrated into the soup, about 35 minutes. Stir in the vinegar and the remaining two tablespoons of the almond and garlic mixture. Cook for another minute, and then remove from heat. Season with more salt and pepper to taste.
- ☐ Serve the soup with slices of country bread.

Nutrition Facts



Properties

Glycemic Index:68.6, Glycemic Load:29.33, Inflammation Score:-7, Nutrition Score:29.764782371728%

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 Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 836.28kcal (41.81%), Fat: 41.28g (63.5%), Saturated Fat: 7.59g (47.46%), Carbohydrates: 49.35g (16.45%), Net Carbohydrates: 42.82g (15.57%), Sugar: 3.7g (4.11%), Cholesterol: 110.1mg (36.7%), Sodium: 1413.38mg (61.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.48g (132.95%), Selenium: 47.44µg (67.77%), Phosphorus: 529.16mg (52.92%), Vitamin B6: 1mg (49.83%), Manganese: 0.97mg (48.67%), Vitamin B3: 8.86mg (44.29%), Zinc: 6.43mg (42.85%), Vitamin E: 6.39mg (42.57%), Vitamin C: 34.99mg (42.41%), Vitamin B12: 2.05µg (34.17%), Potassium: 1192.91mg (34.08%), Magnesium: 132.86mg (33.21%), Iron: 5.86mg (32.54%), Vitamin B2: 0.45mg (26.25%), Fiber: 6.53g (26.12%), Copper: 0.5mg (25.16%), Vitamin B1: 0.29mg (19.34%), Vitamin K: 17.69µg (16.84%), Folate: 62.94µg (15.73%), Calcium: 129.87mg (12.99%), Vitamin B5: 0.81mg (8.1%), Vitamin A: 368.92IU (7.38%), Vitamin D: 0.2µg (1.37%)