

Potato Soup X



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



507 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 stalks celery chopped
- ☐ 2 teaspoons onion flakes dried
- ☐ 2 cups milk
- ☐ 1 cup potato flakes
- ☐ 4 potatoes cubed peeled
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup butter unsalted
- ☐ 2 quarts water

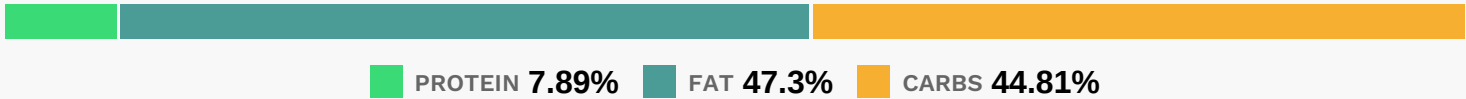
Equipment

☐ pot

Directions

- ☐ In a large pot over high heat, combine the potatoes, celery and onion with the water and bring to a boil. Reduce heat to low and simmer for 20 minutes.
- ☐ Drain the water, reserving 2 cups of water in the pot.
- ☐ Add the milk, butter and potato flakes. Stir all together well until thickened, about 5 minutes. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:38.44, Glycemic Load:29.54, Inflammation Score:-8, Nutrition Score:20.547391124394%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 506.56kcal (25.33%), Fat: 27.23g (41.9%), Saturated Fat: 16.94g (105.88%), Carbohydrates: 58.04g (19.35%), Net Carbohydrates: 51.66g (18.79%), Sugar: 9.37g (10.42%), Cholesterol: 75.65mg (25.22%), Sodium: 319.83mg (13.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.45%), Vitamin C: 56.89mg (68.96%), Vitamin B6: 0.88mg (43.87%), Potassium: 1369.25mg (39.12%), Phosphorus: 289.51mg (28.95%), Vitamin B1: 0.41mg (27.13%), Fiber: 6.38g (25.53%), Calcium: 219.13mg (21.91%), Magnesium: 84.4mg (21.1%), Manganese: 0.42mg (21.08%), Vitamin A: 1047.78IU (20.96%), Copper: 0.36mg (17.83%), Vitamin B3: 3.44mg (17.23%), Vitamin B2: 0.28mg (16.6%), Vitamin K: 16.59µg (15.8%), Vitamin B5: 1.54mg (15.36%), Folate: 56.72µg (14.18%), Vitamin B12: 0.71µg (11.78%), Vitamin D: 1.77µg (11.78%), Iron: 1.95mg (10.82%), Zinc: 1.38mg (9.21%), Selenium: 5.49µg (7.85%), Vitamin E: 0.83mg (5.54%)