

Real Potato Leek Soup

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



202 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 6 cups chicken broth
- 3 leek chopped
- 2 cups milk
- 18 small baby potatoes red
- 8 servings salt and pepper to taste

Equipment

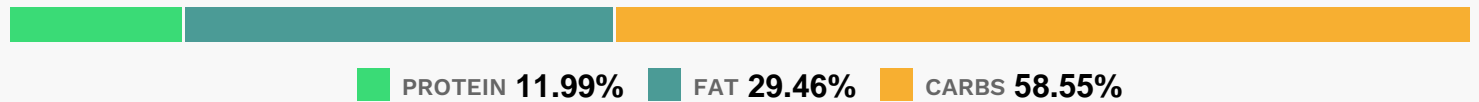
- sauce pan

pot

Directions

- Place potatoes into a large saucepan with water to cover. Bring to a boil and cook until tender. Meanwhile, saute leeks in butter until translucent.
- When potatoes are done, skin them while they are still hot and cut them into bite sized pieces.
- Place potatoes into a stock pot with chicken broth and leeks. season with salt and pepper. Cook over medium heat until simmering, then remove from heat and stir in milk.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.47, Glycemic Load:18.52, Inflammation Score:-7, Nutrition Score:12.385652158571%

Flavonoids

Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 202.2kcal (10.11%), Fat: 6.79g (10.45%), Saturated Fat: 3.9g (24.39%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 27.01g (9.82%), Sugar: 5.98g (6.64%), Cholesterol: 22.13mg (7.38%), Sodium: 918.85mg (39.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Vitamin C: 28.83mg (34.94%), Vitamin B6: 0.49mg (24.34%), Manganese: 0.44mg (21.87%), Potassium: 715.06mg (20.43%), Vitamin K: 18.63µg (17.74%), Vitamin A: 792.42IU (15.85%), Phosphorus: 153.42mg (15.34%), Vitamin B2: 0.24mg (14.13%), Fiber: 3.37g (13.49%), Vitamin B1: 0.19mg (12.82%), Magnesium: 47.52mg (11.88%), Calcium: 118.27mg (11.83%), Folate: 41.68µg (10.42%), Copper: 0.2mg (10.17%), Iron: 1.81mg (10.05%), Vitamin B3: 1.91mg (9.57%), Vitamin B5: 0.67mg (6.69%), Vitamin B12: 0.37µg (6.23%), Zinc: 0.78mg (5.23%), Vitamin D: 0.67µg (4.47%), Selenium: 2.63µg (3.76%), Vitamin E: 0.54mg (3.62%)