

Red Potato Soup

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons celery seed
- 49.5 fluid ounce chicken broth canned
- 1 teaspoon garlic powder
- 1 teaspoon ground pepper black
- 0.5 cup butter
- 8 cups milk
- 1 onion chopped
- 1 teaspoon onion powder

- 8 potatoes red cubed
- 1.5 teaspoons seasoning salt

Equipment

- sauce pan

Directions

- In a large saucepan over high heat combine the potatoes, onion, broth, butter or margarine, celery seed, garlic powder, ground black pepper, onion powder and seasoning salt.
- Bring to a boil, then reduce heat to medium low. Simmer for about 15 minutes, or until potatoes are tender.
- Add the milk, heat through and serve.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:2.33, Inflammation Score:-6, Nutrition Score:14.669565159342%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 5.72mg, Luteolin: 5.72mg, Luteolin: 5.72mg, Luteolin: 5.72mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 375.05kcal (18.75%), Fat: 17.38g (26.73%), Saturated Fat: 5.57g (34.82%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 22.7g (8.26%), Sugar: 7.55g (8.39%), Cholesterol: 60.38mg (20.13%), Sodium: 793.09mg (34.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.49g (58.98%), Phosphorus: 337.26mg (33.73%), Selenium: 19.88µg (28.4%), Vitamin B12: 1.58µg (26.35%), Potassium: 836.23mg (23.89%), Vitamin B6: 0.45mg (22.46%), Zinc: 3.22mg (21.43%), Calcium: 191.8mg (19.18%), Vitamin B3: 3.58mg (17.92%), Vitamin B2: 0.3mg (17.65%), Magnesium: 60.16mg (15.04%), Iron: 2.35mg (13.04%), Vitamin A: 621.97IU (12.44%), Manganese: 0.24mg (12.03%), Vitamin C: 9.84mg (11.93%), Vitamin B1: 0.16mg (10.84%), Copper: 0.21mg (10.31%), Vitamin D: 1.43µg (9.56%), Fiber: 2.08g (8.33%), Vitamin B5: 0.77mg (7.71%), Folate: 22.64µg (5.66%), Vitamin K: 5.8µg (5.52%), Vitamin E: 0.6mg (3.98%)