



Roasted Garlic Potato Soup

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



249 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups chicken broth
- ☐ 6 cloves garlic peeled
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil divided
- ☐ 1 onion chopped
- ☐ 6 potatoes peeled cut into 1 inch pieces
- ☐ 6 servings salt to taste
- ☐ 1 cup water

☐ 1 cup milk whole

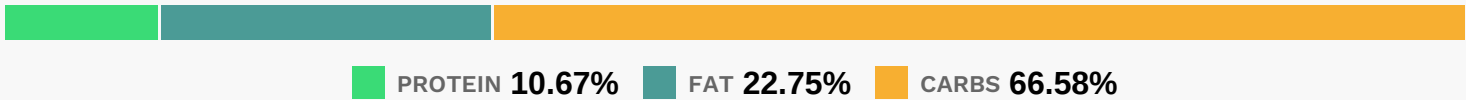
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ roasting pan

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Place potatoes in a shallow roasting pan and drizzle with 1 tablespoon olive oil.
- ☐ Sprinkle with pepper; stir to coat.
- ☐ Bake for 25 minutes, or until potatoes are browned. Reserve 1 cup of roasted potatoes.
- ☐ In a 3 quart saucepan heat remaining oil; saute onions for 5 minutes.
- ☐ Add potatoes and garlic and stir in broth and water. Bring to a boil, reduce heat and simmer, uncovered, for 20 minutes.
- ☐ Spoon half of broth mixture into a blender; blend until nearly smooth. Repeat with remaining mixture; return all to pot. Stir in milk and season with salt to taste. Ladle into bowls and top with reserved roasted potatoes.

Nutrition Facts



Properties

Glycemic Index:35.13, Glycemic Load:28.64, Inflammation Score:-5, Nutrition Score:13.771739088971%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 248.93kcal (12.45%), Fat: 6.45g (9.92%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 42.44g (14.15%), Net Carbohydrates: 37.34g (13.58%), Sugar: 4.93g (5.48%), Cholesterol: 7.23mg (2.41%), Sodium: 661.29mg (28.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Vitamin C: 44.25mg (53.64%), Vitamin B6: 0.71mg (35.64%), Potassium: 1019.98mg (29.14%), Manganese: 0.48mg (23.86%), Fiber: 5.1g (20.41%), Phosphorus: 177.35mg (17.74%), Vitamin B1: 0.23mg (15.5%), Magnesium: 58.31mg (14.58%), Copper: 0.27mg (13.64%), Vitamin B3: 2.59mg (12.95%), Vitamin B2: 0.2mg (11.89%), Iron: 1.88mg (10.43%), Folate: 37.68µg (9.42%), Calcium: 92.01mg (9.2%), Vitamin B5: 0.84mg (8.36%), Vitamin K: 7.38µg (7.02%), Zinc: 0.94mg (6.26%), Vitamin E: 0.77mg (5.12%), Vitamin B12: 0.24µg (4.05%), Selenium: 2.41µg (3.44%), Vitamin D: 0.45µg (2.98%), Vitamin A: 74.04IU (1.48%)