



Roasted Garlic-Potato Soup

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



187 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 slices bacon diced
- ☐ 2 pounds baking potato diced
- ☐ 1 bay leaf
- ☐ 1 cup carrots diced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 5 garlic heads whole
- ☐ 2 garlic cloves minced
- ☐ 1 cup milk 2% low-fat

- ☐ 4 cups low-salt chicken broth
- ☐ 1 cup onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

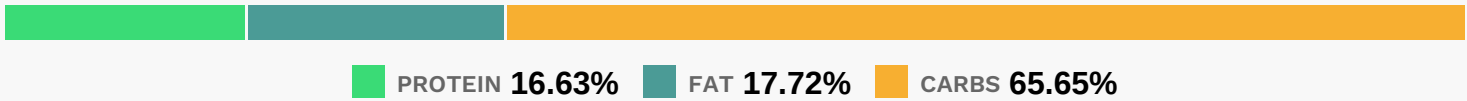
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Remove white papery skin from each garlic head (do not peel or separate cloves). Wrap each head separately in aluminum foil.
- ☐ Bake at 350 for 1 hour; let cool for 10 minutes. Separate cloves, and squeeze to extract 1/4 cup of garlic pulp; discard the skins.
- ☐ Cook bacon in a large saucepan over medium-high heat until crisp.
- ☐ Add onion, carrot, and minced garlic, and saut 5 minutes.
- ☐ Add potato, broth, salt, pepper, and bay leaf; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until potato is tender; remove bay leaf.
- ☐ Combine garlic pulp and 2 cups potato mixture in a blender or food processor, and process until smooth. Return pure to pan; stir in milk, and cook over low heat until thoroughly heated.
- ☐ Remove from heat, and stir in chopped parsley.

Nutrition Facts



Properties

Glycemic Index:40.37, Glycemic Load:19.78, Inflammation Score:-9, Nutrition Score:14.512173932532%

Flavonoids

Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 186.77kcal (9.34%), Fat: 3.83g (5.89%), Saturated Fat: 1.32g (8.28%), Carbohydrates: 31.94g (10.65%), Net Carbohydrates: 29.2g (10.62%), Sugar: 4.54g (5.04%), Cholesterol: 5.83mg (1.94%), Sodium: 283.06mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Vitamin A: 3307.03IU (66.14%), Vitamin K: 40.18µg (38.27%), Vitamin B6: 0.59mg (29.49%), Potassium: 839.3mg (23.98%), Vitamin B3: 3.74mg (18.68%), Phosphorus: 174.5mg (17.45%), Vitamin C: 13.95mg (16.91%), Manganese: 0.33mg (16.25%), Copper: 0.24mg (11.78%), Vitamin B1: 0.17mg (11.56%), Fiber: 2.74g (10.96%), Magnesium: 42.4mg (10.6%), Iron: 1.72mg (9.58%), Vitamin B2: 0.16mg (9.29%), Calcium: 85.25mg (8.53%), Folate: 30.02µg (7.51%), Vitamin B5: 0.65mg (6.52%), Vitamin B12: 0.37µg (6.2%), Zinc: 0.87mg (5.81%), Selenium: 3.05µg (4.36%), Vitamin D: 0.4µg (2.64%), Vitamin E: 0.19mg (1.27%)