



Rustic Potato Chowder



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



146 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup carrots cubed
- ☐ 1 cup parsley leaves fresh 1 bunch
- ☐ 3.5 cups parsley sprigs fresh
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon stick margarine
- ☐ 6 cups water
- ☐ 2 pounds yukon gold red cubed peeled

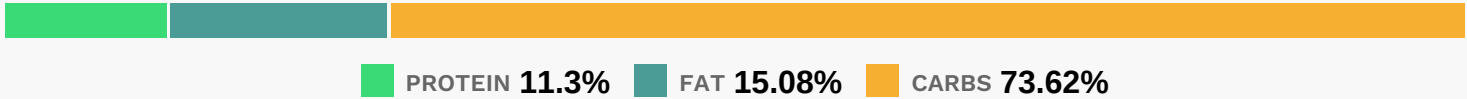
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ To prepare the parsley butter, combine 1 cup parsley leaves and butter in a food processor, and process until well-blended. Set aside.
- ☐ To prepare soup, combine water and parsley sprigs in a large saucepan; bring to a boil. Reduce heat; simmer 15 minutes. Strain mixture through a sieve over a bowl, reserving broth; discard solids. Return broth to pan; add potato, carrot, and salt. Bring to a boil. Reduce heat; simmer 15 minutes or until vegetables are tender.
- ☐ Remove 1 1/2 cups vegetables from soup with a slotted spoon.
- ☐ Place remaining soup and vegetables in a food processor; process until smooth, and pour into pan. Return 1 1/2 cups vegetables to soup. Bring to a boil; stir in parsley butter.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:22.352608677162%

Flavonoids

Apigenin: 96.96mg, Apigenin: 96.96mg, Apigenin: 96.96mg, Apigenin: 96.96mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 6.68mg, Myricetin: 6.68mg, Myricetin: 6.68mg, Myricetin: 6.68mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 146.32kcal (7.32%), Fat: 2.59g (3.98%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 28.44g (9.48%), Net Carbohydrates: 23.94g (8.71%), Sugar: 3.09g (3.43%), Cholesterol: 0mg (0%), Sodium: 486.1mg (21.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Vitamin K: 744.5µg (709.04%), Vitamin A: 6562.5IU

(131.25%), Vitamin C: 73.8mg (89.46%), Potassium: 989.56mg (28.27%), Folate: 98.68µg (24.67%), Iron: 3.94mg (21.92%), Fiber: 4.5g (18.01%), Vitamin B6: 0.32mg (15.99%), Copper: 0.31mg (15.75%), Manganese: 0.31mg (15.45%), Magnesium: 60.13mg (15.03%), Phosphorus: 124.5mg (12.45%), Vitamin B3: 2.48mg (12.42%), Vitamin B1: 0.17mg (11.47%), Calcium: 90.58mg (9.06%), Zinc: 1.04mg (6.96%), Vitamin B5: 0.65mg (6.48%), Vitamin B2: 0.1mg (5.95%), Vitamin E: 0.53mg (3.56%), Selenium: 0.82µg (1.17%)