



## Rustic Potato Soup with Cheddar and Green Onions

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 cups water
- ☐ 2 pounds baking potatoes unpeeled
- ☐ 2 cups skim milk fat-free (skim)
- ☐ 2 teaspoons butter
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup spring onion finely chopped

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4 ounces sharp cheddar cheese shredded reduced-fat

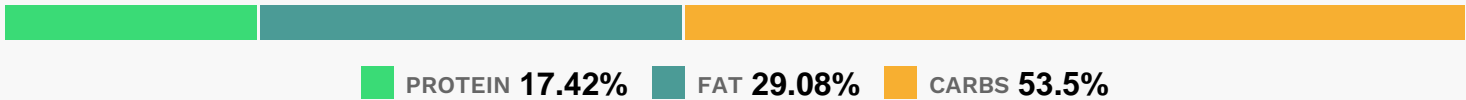
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ dutch oven

## Directions

- ☐ Heat water to boiling in 4-quart Dutch oven. Meanwhile, cut potatoes into 1/2-inch cubes.
- ☐ Add potatoes to boiling water; return to boiling. Reduce heat; cover and simmer 5 to 7 minutes or until tender.
- ☐ Drain potatoes well; reserve 2 cups potatoes.
- ☐ Place remaining potatoes (about 3 cups) in blender.
- ☐ Add 1 cup of the milk; cover and blend until smooth, adding additional milk if necessary. Return blended mixture to Dutch oven.
- ☐ Add reserved 2 cups potatoes, remaining 1 cup milk, the margarine, salt, pepper, 3/4 cup of the onions and 3/4 cup of the cheese to saucepan. Cook over medium heat 5 to 10 minutes, stirring frequently, until soup is hot and cheese is melted.
- ☐ To serve, spoon soup into 4 individual soup bowls. Top each with 1 tablespoon each of the remaining onions and cheese.

## Nutrition Facts



## Properties

Glycemic Index:52.25, Glycemic Load:34.81, Inflammation Score:-7, Nutrition Score:20.914782513743%

## Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

## Nutrients (% of daily need)

Calories: 362.77kcal (18.14%), Fat: 11.98g (18.43%), Saturated Fat: 5.99g (37.43%), Carbohydrates: 49.6g (16.53%), Net Carbohydrates: 45.97g (16.72%), Sugar: 8.27g (9.19%), Cholesterol: 32.02mg (10.67%), Sodium: 574.13mg (24.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.15g (32.31%), Vitamin K: 56.72µg (54.02%), Vitamin B6: 0.89mg (44.44%), Calcium: 416.42mg (41.64%), Phosphorus: 395.68mg (39.57%), Potassium: 1243.92mg (35.54%), Vitamin B2: 0.38mg (22.44%), Vitamin C: 17.63mg (21.37%), Manganese: 0.42mg (20.96%), Magnesium: 81.59mg (20.4%), Vitamin B1: 0.28mg (18.46%), Vitamin A: 875.59IU (17.51%), Vitamin B12: 1.01µg (16.89%), Selenium: 11.54µg (16.48%), Zinc: 2.37mg (15.78%), Copper: 0.3mg (14.82%), Fiber: 3.63g (14.52%), Folate: 56.2µg (14.05%), Iron: 2.38mg (13.22%), Vitamin B3: 2.64mg (13.2%), Vitamin B5: 1.26mg (12.6%), Vitamin D: 1.52µg (10.12%), Vitamin E: 0.45mg (3.01%)