



Sausage and Leek Soup

READY IN



45 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large carrots finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 5 tablespoons flour all-purpose
- ☐ 2 teaspoons marjoram fresh chopped
- ☐ 1 cup kielbasa smoked thinly sliced
- ☐ 4 medium leeks white green halved lengthwise chopped (and pale parts only)
- ☐ 64 fluid ounces chicken broth low-sodium
- ☐ 2 medium potatoes boiling
- ☐ 0.5 cup butter unsalted

☐ 6 servings bell pepper white to taste

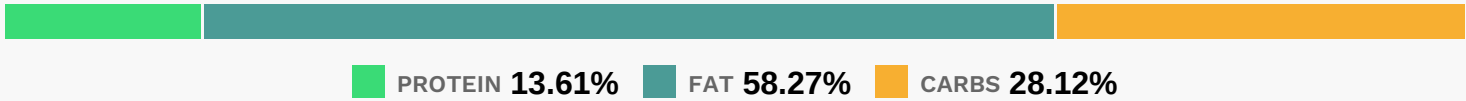
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Wash leeks in a large bowl of cold water, then lift out and drain well in a colander.
- ☐ Cook carrot and celery in 1/2 stick butter in a 4- to 5-quart heavy saucepan over moderate heat, stirring occasionally, until softened, about 3 minutes.
- ☐ Add leeks and cook, stirring, until softened, about 3 minutes.
- ☐ Add stock and bring to a boil, then reduce heat and simmer, partially covered, 15 minutes.
- ☐ While stock simmers, peel potatoes and cut into 1/2-inch cubes.
- ☐ Melt remaining 1/2 stick butter in a small heavy saucepan over low heat, then add flour and cook roux, whisking, 3 minutes.
- ☐ Remove from heat and add 2 cups simmering stock, whisking vigorously (mixture will be thick), then whisk flour mixture into remaining stock and return to a simmer, whisking.
- ☐ Add potatoes, kielbasa, and marjoram and simmer soup, partially covered, until potatoes are tender, 10 to 15 minutes. Season with salt and white pepper.

Nutrition Facts



Properties

Glycemic Index:40.97, Glycemic Load:6.37, Inflammation Score:-9, Nutrition Score:18.57304347598%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.54mg, Quercetin: 0.54mg,

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Nutrients (% of daily need)

Calories: 434.16kcal (21.71%), Fat: 28.97g (44.57%), Saturated Fat: 14.43g (90.19%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 28.14g (10.23%), Sugar: 4.24g (4.71%), Cholesterol: 68.27mg (22.76%), Sodium: 475.43mg (20.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.46%), Vitamin A: 3475.06IU (69.5%), Vitamin B3: 7.23mg (36.16%), Vitamin K: 33.47µg (31.87%), Manganese: 0.55mg (27.58%), Potassium: 846.26mg (24.18%), Vitamin B1: 0.35mg (23.3%), Phosphorus: 231.4mg (23.14%), Iron: 3.61mg (20.07%), Copper: 0.4mg (19.92%), Vitamin B6: 0.39mg (19.37%), Vitamin C: 14.8mg (17.94%), Folate: 66.14µg (16.53%), Selenium: 10.31µg (14.73%), Vitamin B2: 0.24mg (14.1%), Fiber: 3.31g (13.23%), Vitamin B12: 0.73µg (12.23%), Magnesium: 45.94mg (11.48%), Zinc: 1.49mg (9.96%), Calcium: 74.31mg (7.43%), Vitamin E: 1.08mg (7.17%), Vitamin B5: 0.54mg (5.4%), Vitamin D: 0.28µg (1.89%)