



Savory Leek Soup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



237 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup butter cubed
- 4 cups chicken broth
- 0.5 cup chives minced
- 3 cups half and half
- 4 medium leek white chopped (serving only)
- 2 cups potatoes with milk and butter) prepared mashed
- 10 servings salt and pepper to taste

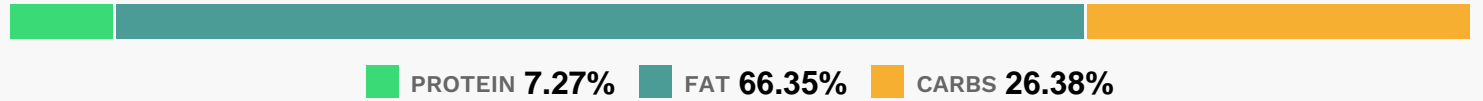
Equipment

- frying pan
- sauce pan
- blender

Directions

- In a large saucepan, saute leeks and chives in butter until tender.
- Add the broth, potatoes and savory; bring to a boil. Reduce heat; simmer, uncovered, for 8-10 minutes. Cool slightly.
- Process in batches in a blender until smooth; return to pan. Stir in the cream, salt and pepper; heat through.

Nutrition Facts



Properties

Glycemic Index:21.08, Glycemic Load:6.8, Inflammation Score:-7, Nutrition Score:8.8495652157327%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 236.78kcal (11.84%), Fat: 17.91g (27.55%), Saturated Fat: 10.98g (68.61%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 14.41g (5.24%), Sugar: 5.16g (5.74%), Cholesterol: 51.69mg (17.23%), Sodium: 669.5mg (29.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Vitamin A: 1223.87IU (24.48%), Vitamin K: 23.53µg (22.41%), Vitamin C: 14.36mg (17.41%), Manganese: 0.29mg (14.37%), Vitamin B2: 0.23mg (13.33%), Vitamin B6: 0.25mg (12.31%), Phosphorus: 113.01mg (11.3%), Calcium: 112.17mg (11.22%), Potassium: 362.34mg (10.35%), Folate: 34.12µg (8.53%), Magnesium: 28.9mg (7.22%), Iron: 1.21mg (6.74%), Vitamin B1: 0.1mg (6.57%), Fiber: 1.61g (6.46%), Copper: 0.11mg (5.6%), Vitamin E: 0.82mg (5.46%), Selenium: 3.31µg (4.73%), Vitamin B3: 0.89mg (4.44%), Vitamin B5: 0.41mg (4.11%), Zinc: 0.54mg (3.57%), Vitamin B12: 0.18µg (2.93%)