



Slow Cooker Cream of Potato Soup

 **Gluten Free**

READY IN



260 min.

SERVINGS



8

CALORIES



288 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 chicken stock cube
- 12 ounce evaporated milk canned
- 0.5 teaspoon pepper black
- 3 leek light white green cut into 1/4-inch rounds
- 3 tablespoons butter
- 1 onion diced
- 8 potatoes chopped
- 1 tablespoon salt

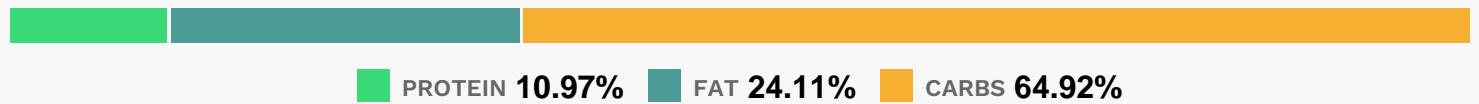
Equipment

- ladle
- blender
- slow cooker

Directions

- Place the potatoes, leeks, onion, margarine, chicken bouillon, salt, and pepper in a slow cooker.
- Pour enough water over mixture to cover. Cook on High 4 hours.
- Stir in the evaporated milk. Ladle soup into a blender and blend until smooth.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:21.84, Glycemic Load:28.86, Inflammation Score:-8, Nutrition Score:16.416521633449%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 288.01kcal (14.4%), Fat: 7.89g (12.14%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 47.81g (15.94%), Net Carbohydrates: 42.26g (15.37%), Sugar: 7.99g (8.88%), Cholesterol: 12.46mg (4.15%), Sodium: 1225.42mg (53.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.15%), Vitamin C: 47.81mg (57.96%), Vitamin B6: 0.75mg (37.29%), Potassium: 1112.86mg (31.8%), Manganese: 0.53mg (26.32%), Phosphorus: 226.47mg (22.65%), Fiber: 5.55g (22.21%), Vitamin K: 20.25µg (19.28%), Magnesium: 70.87mg (17.72%), Vitamin A: 851.03IU (17.02%), Calcium: 163.94mg (16.39%), Folate: 61.85µg (15.46%), Vitamin B1: 0.22mg (14.56%), Copper: 0.28mg (14.23%), Iron: 2.5mg (13.9%), Vitamin B2: 0.22mg (13.1%), Vitamin B3: 2.5mg (12.52%), Vitamin B5: 0.98mg (9.78%), Zinc: 1.01mg (6.75%), Vitamin E: 0.57mg (3.79%), Selenium: 2.31µg (3.3%), Vitamin B12: 0.08µg (1.27%)