

# Smoky Potato Cheese Soup

 **Gluten Free**

READY IN



**50 min.**

SERVINGS



**8**

CALORIES



**874 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 29 ounce chicken broth canned
- 1 tablespoon cornstarch
- 24 fluid ounce evaporated milk canned
- 8 servings pepper black to taste
- 0.3 cup butter
- 1 onion chopped
- 6 potatoes cubed peeled
- 1 pound processed cheese food cubed

1 pound andouille smoked

## Equipment

frying pan

potato masher

## Directions

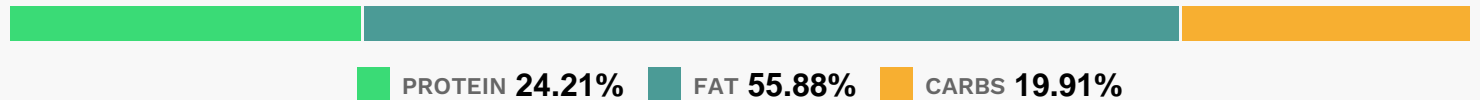
Saute the onions in butter or margarine in a large pan.

Add the chicken broth and the cubed potatoes. Slice the smoked sausage into bite size pieces, and add to the soup. Simmer over medium heat until the potatoes are soft.

Using a potato masher, lightly mash the potato mixture to break up the cubes a little bit, but not mashing as completely as you would for mashed potatoes.

Add the cubed cheese, and stir until melted. Stir in the evaporated milk. Season with black pepper. The soup should be pretty thick, but you can thicken it further with a paste of cornstarch and water. Use about 1 tablespoon of cornstarch at a time, and add it to the soup until you have reached the desired thickness.

## Nutrition Facts



## Properties

Glycemic Index:21.22, Glycemic Load:21.29, Inflammation Score:-8, Nutrition Score:30.447391468546%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

## Nutrients (% of daily need)

Calories: 874.47kcal (43.72%), Fat: 53.99g (83.06%), Saturated Fat: 23.08g (144.23%), Carbohydrates: 43.28g (14.43%), Net Carbohydrates: 39.5g (14.36%), Sugar: 12.02g (13.35%), Cholesterol: 174.06mg (58.02%), Sodium: 2094.76mg (91.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.62g (105.24%), Calcium: 867.32mg (86.73%), Phosphorus: 858.39mg (85.84%), Selenium: 40.41µg (57.73%), Vitamin B12: 2.88µg (48.06%), Vitamin B6: 0.86mg (42.77%), Zinc: 6.35mg (42.33%), Vitamin C: 34.19mg (41.44%), Vitamin B2: 0.67mg (39.4%), Potassium: 1304.99mg (37.29%), Vitamin B3: 6.21mg (31.07%), Magnesium: 100.89mg (25.22%), Vitamin A: 1187.48IU (23.75%),

Vitamin B1: 0.33mg (22.17%), Iron: 3.72mg (20.66%), Manganese: 0.32mg (16.25%), Vitamin B5: 1.54mg (15.41%),  
Copper: 0.31mg (15.27%), Fiber: 3.78g (15.13%), Folate: 44.22µg (11.05%), Vitamin E: 1.16mg (7.76%), Vitamin D: 1.16µg  
(7.7%), Vitamin K: 7.62µg (7.26%)