



Spicy Sriracha-Potato-Leek Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



153 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 bunch leek trimmed chopped
- ☐ 1 lb yukon gold potatoes finely chopped
- ☐ 32 oz chicken broth (4 cups)
- ☐ 1 serving salt
- ☐ 0.3 cup sriracha

Equipment

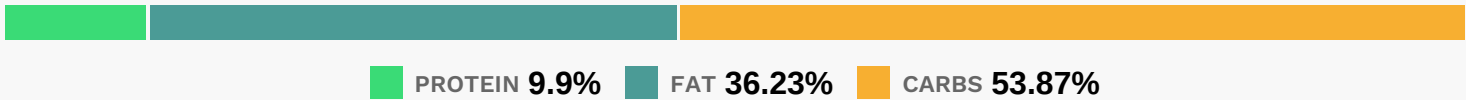
- ☐ dutch oven

☐ immersion blender

Directions

- ☐ In 4-quart Dutch oven, melt butter over medium heat.
- ☐ Add leeks; cook 10 minutes, stirring occasionally.
- ☐ Stir in potatoes and broth. Cover; cook 20 minutes, stirring once or twice.
- ☐ Remove from heat; uncover. Using immersion blender, puree soup. Stir in Sriracha sauce and salt to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:14.51, Inflammation Score:-4, Nutrition Score:7.9860869050026%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 152.92kcal (7.65%), Fat: 6.31g (9.71%), Saturated Fat: 3.66g (22.91%), Carbohydrates: 21.1g (7.04%), Net Carbohydrates: 18.57g (6.75%), Sugar: 2.06g (2.29%), Cholesterol: 19.59mg (6.53%), Sodium: 1338.18mg (58.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin C: 33.59mg (40.71%), Vitamin B6: 0.36mg (17.94%), Potassium: 541.97mg (15.48%), Manganese: 0.29mg (14.33%), Vitamin B2: 0.18mg (10.87%), Fiber: 2.54g (10.18%), Vitamin B1: 0.14mg (9.62%), Vitamin B3: 1.73mg (8.67%), Copper: 0.16mg (8.05%), Phosphorus: 77.13mg (7.71%), Magnesium: 29.31mg (7.33%), Iron: 1.12mg (6.24%), Folate: 19.41µg (4.85%), Vitamin A: 210.2IU (4.2%), Vitamin B5: 0.38mg (3.81%), Zinc: 0.51mg (3.41%), Vitamin K: 3.12µg (2.97%), Calcium: 25.74mg (2.57%), Vitamin E: 0.28mg (1.9%), Selenium: 1.32µg (1.89%)