



Spinach, Potato, and Nutmeg Soup

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



140 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cube chicken bouillon
- ☐ 6 servings ground nutmeg to taste
- ☐ 0.5 cup milk
- ☐ 1 onion chopped
- ☐ 4 small potatoes peeled halved
- ☐ 6 servings salt and pepper to taste
- ☐ 2 cups pkt spinach fresh
- ☐ 1 tablespoon vegetable oil

☐ 1.5 quarts water

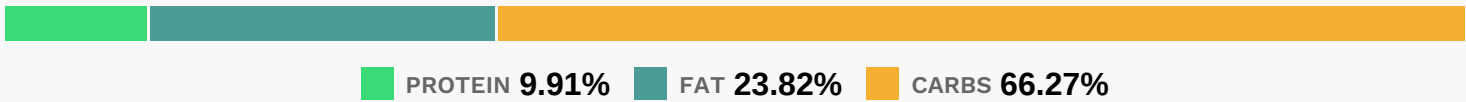
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat the oil in a skillet over medium heat. Cook and stir the onion until tender.
- ☐ In a saucepan, bring the water to a boil. Reduce heat to low, and dissolve the bouillon cube in the water.
- ☐ In a blender or food processor, blend the onion, spinach, potatoes, nutmeg, and about 2 cups of the bouillon until thick and smooth.
- ☐ Blend the potato mixture into the saucepan with the remaining bouillon. Bring to a boil, reduce heat, and simmer 20 minutes. Stir in the milk, and continue cooking 10 minutes. Season with salt, pepper, and more nutmeg to taste. Thus the soup is complete.

Nutrition Facts



Properties

Glycemic Index:41.79, Glycemic Load:15.68, Inflammation Score:-7, Nutrition Score:11.412608654603%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

Nutrients (% of daily need)

Calories: 139.64kcal (6.98%), Fat: 3.8g (5.85%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 20.37g (7.41%), Sugar: 3.25g (3.61%), Cholesterol: 2.44mg (0.81%), Sodium: 229.77mg (9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin K: 54.76µg (52.15%), Vitamin C: 26.55mg

(32.19%), Vitamin B6: 0.39mg (19.57%), Vitamin A: 975.31IU (19.51%), Manganese: 0.35mg (17.3%), Potassium: 597.25mg (17.06%), Fiber: 3.44g (13.76%), Magnesium: 44.27mg (11.07%), Folate: 42.54µg (10.63%), Copper: 0.2mg (10.07%), Phosphorus: 99.62mg (9.96%), Vitamin B1: 0.13mg (8.35%), Iron: 1.26mg (6.98%), Vitamin B3: 1.34mg (6.68%), Calcium: 63.63mg (6.36%), Vitamin B2: 0.09mg (5.25%), Vitamin B5: 0.44mg (4.4%), Zinc: 0.56mg (3.76%), Vitamin E: 0.41mg (2.76%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%), Selenium: 0.95µg (1.36%)