

Swiss Potato Soup

READY IN



35 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cubes chicken bouillon
- 1 pinch marjoram dried
- 2 tablespoons flour all-purpose
- 1 tablespoon parsley fresh chopped
- 2 tablespoons butter
- 3 cups milk
- 0.3 cup onion chopped
- 2 cups potatoes diced
- 1 teaspoon salt

1 cup sharp cheddar cheese shredded

1 cup water boiling

Equipment

bowl

sauce pan

ladle

Directions

Melt butter or margarine in a large saucepan.

Add chopped onion, and cook over medium heat until tender.

Add potatoes, water, salt, marjoram, and bouillon cubes. Cover. Simmer for 10 minutes, or until potatoes are tender.

Blend flour with a little milk until smooth. Gradually stir into potato mixture with remaining milk. Cook over medium heat, stirring constantly, until thickened and mixture comes to a boil. Stir in parsley. Ladle into bowls, and top with shredded cheese.

Nutrition Facts



PROTEIN 16.17% **FAT 50.45%** **CARBS 33.38%**

Properties

Glycemic Index:70.69, Glycemic Load:19.15, Inflammation Score:-7, Nutrition Score:16.884347791257%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 374.96kcal (18.75%), Fat: 21.26g (32.71%), Saturated Fat: 10.04g (62.73%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 28.94g (10.52%), Sugar: 10.17g (11.3%), Cholesterol: 50.21mg (16.74%), Sodium: 915.17mg (39.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.33g (30.66%), Calcium: 450.91mg (45.09%),

Phosphorus: 383.99mg (38.4%), Vitamin C: 22.9mg (27.75%), Vitamin B2: 0.44mg (25.67%), Vitamin B6: 0.46mg (22.95%), Potassium: 769.36mg (21.98%), Vitamin B12: 1.29µg (21.58%), Vitamin K: 21.23µg (20.22%), Selenium: 13.13µg (18.75%), Vitamin A: 936.63IU (18.73%), Vitamin B1: 0.23mg (15.4%), Vitamin D: 2.18µg (14.55%), Magnesium: 57.76mg (14.44%), Zinc: 2.16mg (14.41%), Vitamin B5: 1.15mg (11.49%), Manganese: 0.23mg (11.3%), Fiber: 2.71g (10.86%), Folate: 33.78µg (8.44%), Vitamin B3: 1.57mg (7.86%), Iron: 1.33mg (7.41%), Copper: 0.15mg (7.41%), Vitamin E: 0.55mg (3.65%)