

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

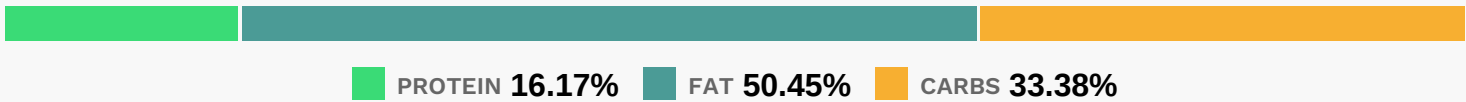
Equipment

- ☐ 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



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%)