

## Tex Mex Potato Soup

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 14.5 ounce chicken broth canned
- ☐ 1 egg yolk beaten
- ☐ 1 bell pepper green chopped
- ☐ 1 tablespoon chile peppers green chopped
- ☐ 0.3 teaspoon ground pepper white
- ☐ 4 ounces ham chopped
- ☐ 0.3 cup heavy whipping cream

- ☐ 2 tablespoons butter
- ☐ 1 onion chopped
- ☐ 2 potatoes cubed peeled
- ☐ 1 bell pepper red chopped
- ☐ 0.5 cup cheddar cheese shredded

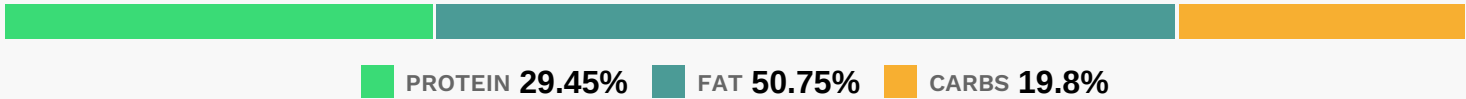
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

## Directions

- ☐ Cook potatoes in boiling water until tender, about 15 minutes.
- ☐ Drain and reserve.
- ☐ In a skillet, saute onion, green and red pepper in butter for 10 minutes, or until softened. Stir in the ham, green chilies, white pepper and cayenne. Cook for 1 minute longer. Reserve.
- ☐ In a blender, combine the potatoes and chicken broth and blend until smooth.
- ☐ Add to the sauteed vegetable mixture.
- ☐ Heat soup just to boiling. Beat the egg yolk with the heavy cream in a small bowl. Stir in 1/2 cup hot soup, stir yolk mixture back into sauce pan. Gently heat soup, but do not boil.
- ☐ Garnish with shredded cheddar cheese.

## Nutrition Facts



## Properties

Glycemic Index:35.29, Glycemic Load:9.83, Inflammation Score:-8, Nutrition Score:16.085217330767%

## Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 360.2kcal (18.01%), Fat: 20.24g (31.13%), Saturated Fat: 7.88g (49.24%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 15.01g (5.46%), Sugar: 3.07g (3.41%), Cholesterol: 99mg (33%), Sodium: 679mg (29.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.42g (52.84%), Vitamin C: 57.09mg (69.21%), Selenium: 21.87µg (31.24%), Vitamin B6: 0.56mg (27.88%), Phosphorus: 262.1mg (26.21%), Vitamin A: 1285.07IU (25.7%), Zinc: 2.9mg (19.36%), Vitamin B3: 3.56mg (17.82%), Potassium: 583.91mg (16.68%), Vitamin B12: 0.98µg (16.42%), Vitamin B1: 0.21mg (14.1%), Vitamin B2: 0.24mg (14.03%), Fiber: 2.74g (10.97%), Magnesium: 42.8mg (10.7%), Iron: 1.92mg (10.68%), Calcium: 105.7mg (10.57%), Manganese: 0.19mg (9.42%), Folate: 34.74µg (8.69%), Copper: 0.16mg (7.88%), Vitamin E: 1.08mg (7.21%), Vitamin K: 6.04µg (5.75%), Vitamin B5: 0.56mg (5.59%), Vitamin D: 0.58µg (3.85%)