



## Ultimate Potato Soup

 Popular

READY IN



60 min.

SERVINGS



12

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 tablespoons butter melted
- 3 stalks celery diced
- 4 cubes chicken bouillon
- 43.5 ounce chicken broth divided canned
- 6 tablespoons flour all-purpose
- 0.5 teaspoon ground pepper black
- 4 cups half-and-half cream
- 1 cup onion chopped

6 cups potatoes diced

## Equipment

bowl

pot

## Directions

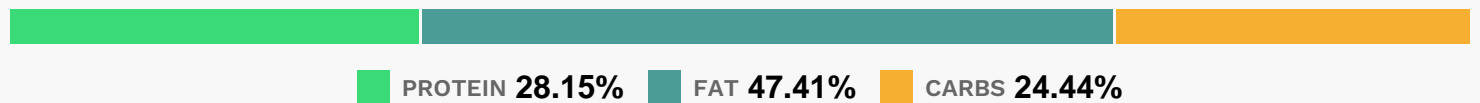
In a large pot, bring potatoes, celery and onion to a boil in 2 cups of broth. Cook until potatoes are tender, 15 minutes.

Drain and reserve liquid.

Combine reserved broth and half-and-half in pot. In a bowl, combine melted butter and flour. Stir into half-and-half mixture over medium heat. Stir until thickened. Stir in reserved vegetables, remaining broth, bouillon and pepper.

Heat through and serve.

## Nutrition Facts



## Properties

Glycemic Index:24.98, Glycemic Load:15.83, Inflammation Score:-6, Nutrition Score:15.034347780373%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

## Nutrients (% of daily need)

Calories: 447.44kcal (22.37%), Fat: 23.44g (36.07%), Saturated Fat: 11.63g (72.66%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 24.38g (8.87%), Sugar: 4.87g (5.41%), Cholesterol: 94.67mg (31.56%), Sodium: 605.82mg (26.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.32g (62.64%), Selenium: 23.26µg (33.23%), Phosphorus: 305.86mg (30.59%), Vitamin B6: 0.57mg (28.54%), Vitamin C: 22.71mg (27.52%), Zinc: 3.26mg (21.72%), Potassium: 758.05mg (21.66%), Vitamin B12: 1.19µg (19.88%), Vitamin B3: 3.93mg (19.67%), Vitamin B2: 0.32mg (19.01%), Magnesium: 55.29mg (13.82%), Vitamin A: 690.11IU (13.8%), Iron: 2.43mg (13.48%), Calcium: 123mg (12.3%), Fiber: 2.82g (11.28%), Manganese: 0.23mg (11.26%), Vitamin B1: 0.15mg (9.75%), Copper: 0.19mg (9.36%),

Folate: 34.5µg (8.62%), Vitamin K: 9.03µg (8.6%), Vitamin B5: 0.61mg (6.1%), Vitamin E: 0.74mg (4.91%)