

# Zesty Potato Soup

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**326 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons butter
- 1 tablespoon chicken soup base
- 1 teaspoon dehydrated onion dried minced
- 2 teaspoons parsley fresh minced
- 1 garlic clove minced
- 0.3 cup to 2 chilies slit green chopped
- 1 cup milk
- 0.3 teaspoon pepper

- 4 large potatoes cubed peeled
- 4 ounces processed cheese food cubed (Velveeta)
- 0.5 teaspoon salt
- 2 cups water

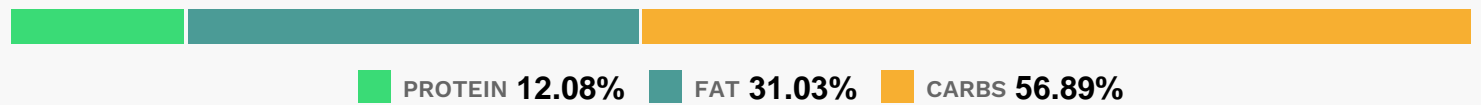
## Equipment

- sauce pan

## Directions

- In a large saucepan, combine the potatoes, water, onion, garlic, salt and pepper; bring to a boil over medium heat. Reduce heat; cover and simmer for 15–20 minutes or until potatoes are tender. (Do not drain.) Mash potatoes in liquid until almost smooth.
- Add remaining ingredients; cook and stir until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:48.79, Glycemic Load:32.43, Inflammation Score:-6, Nutrition Score:16.733913172846%

## Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

## Nutrients (% of daily need)

Calories: 325.71kcal (16.29%), Fat: 11.44g (17.6%), Saturated Fat: 6.66g (41.64%), Carbohydrates: 47.19g (15.73%), Net Carbohydrates: 41.39g (15.05%), Sugar: 5.04g (5.6%), Cholesterol: 33.92mg (11.31%), Sodium: 800.77mg (34.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.05%), Vitamin C: 50.29mg (60.95%), Vitamin B6: 0.78mg (39.07%), Potassium: 1141.96mg (32.63%), Phosphorus: 308.35mg (30.83%), Calcium: 285.64mg (28.56%), Fiber: 5.8g (23.18%), Manganese: 0.42mg (20.9%), Magnesium: 68.77mg (17.19%), Vitamin B1: 0.23mg (15.25%), Copper: 0.29mg (14.68%), Vitamin B3: 2.69mg (13.43%), Iron: 2.08mg (11.56%), Vitamin B2: 0.19mg (10.93%), Folate: 42.72µg (10.68%), Vitamin B5: 0.98mg (9.82%), Zinc: 1.39mg (9.24%), Vitamin B12: 0.51µg (8.56%), Selenium: 5.73µg (8.18%), Vitamin A: 369.5IU (7.39%), Vitamin K: 6.34µg (6.04%), Vitamin D: 0.56µg (3.74%), Vitamin E: 0.31mg (2.07%)