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## Ham and Potato Soup ♦♦

A delicious and hearty soup made with ham and potatoes. Perfect for a cold winter day.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 45 mins

**Total Time:** 60 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 6

**Serving Size:** 166 g

### Ingredients

500 g	Ham
500 g	potatoes
100 g	onion
2 cloves	garlic
1000 ml	chicken broth
1 tsp	Salt

1 tsp	Pepper
1 tsp	Thyme
1 leaf	Bay leaf
250 ml	heavy cream

## Directions

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### Step 1

Cut

Dice the ham, potatoes, onion, and garlic.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Sautéing

In a large pot, sauté the onion and garlic until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Boiling

Add the ham, potatoes, chicken broth, salt, pepper, thyme, and bay leaf to the pot. Bring to a boil and then reduce heat to simmer for 30 minutes.

**Prep Time:** 5 mins

**Cook Time:** 30 mins

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## Step 4

Blending

Remove the bay leaf from the pot. Use an immersion blender to blend the soup until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Stirring

Stir in the heavy cream and simmer for an additional 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	10 mg	1%	1%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Winter Fall

### Events

Christmas Thanksgiving New Year Anniversary Bridal Shower  
Back to School Barbecue Picnic

### Cuisines

Italian American

### Nutritional Content

High Protein Low Fat Low Carb High Fiber Low Sodium Sugar-Free  
High Vitamin C High Iron

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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