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Spring Potato Soup ♦♦

Spring Potato Soup

This delicious potato soup is perfect for springtime. It is creamy and comforting, yet light and refreshing. The soup is made with fresh ingredients and has a hint of almond oil for added flavor. It is a great option for a vegetarian meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

2 c	Milk
2 tbsp	Almond oil
1 c	Cheese
4 large	potato

Directions

Step 1

Cutting

Peel and chop the potatoes into small cubes.

Prep Time: 10 mins

Cook Time: 15 mins

Step 2

Cooking

In a large pot, heat the almond oil over medium heat. Add the chopped potatoes and cook for 5 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Cooking

Add the milk to the pot and bring to a simmer. Cook for 15 minutes, or until the potatoes are tender.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Blending

Using an immersion blender, blend the soup until smooth. Alternatively, transfer the soup to a blender and blend in batches until smooth. Return the soup to the pot.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cooking

Stir in the cheese until melted and well combined. Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Serve the soup hot, garnished with some fresh herbs if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 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	4 mg	307.69%	307.69%
Vitamin B12	8 mcg	333.33%	333.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring

Difficulty Level

Medium

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