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Potato Soup

Potato soup is a classic comfort food that is enjoyed all over the world. It is a creamy and hearty soup made with potatoes as the main ingredient. The soup is typically served hot and can be garnished with various toppings such as cheese, bacon, or chives. It is perfect for cold winter days or anytime you crave a warm and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	potatoes
100 g	onion
2 cloves	garlic
1000 ml	vegetable broth

200 ml	heavy cream
50 g	butter
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Cut

Peel and chop the potatoes into small cubes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Cut

Finely chop the onion and garlic cloves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

In a large pot, melt the butter over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Stove

Add the chopped onion and garlic to the pot and sauté until fragrant.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Stove

Add the chopped potatoes and vegetable broth to the pot.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Stove

Bring the mixture to a boil, then reduce the heat and let it simmer until the potatoes are tender.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Blending

Using an immersion blender or a regular blender, blend the soup until smooth and creamy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Stove

Stir in the heavy cream and season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 2 mins

Step 9

Stove

Simmer the soup for an additional 5 minutes to heat through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 10

Serving

Serve hot and garnish with your choice of toppings.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	3 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	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	500 iu	55.56%	71.43%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	100 mg	10%	10%
Iron	2 mg	25%	11.11%
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

Cuisines

Italian

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

Kitchen Tools

Blender

Course

Main Dishes

Salads

Soups

Snacks

Difficulty Level

Medium

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