



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Creamy Chicken and Potato Soup

Creamy chicken and potato soup is a comforting and hearty dish that is perfect for cold winter nights. This soup is made with tender chicken, creamy potatoes, and flavorful herbs and spices. It is a classic recipe that is loved by both kids and adults. The soup is rich and creamy, with a deliciously savory flavor. It is a filling and satisfying meal on its own, but can also be served with crusty bread or a side salad for a complete 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	chicken breast
500 g	potatoes
1000 ml	chicken broth
100 g	onion

2	garlic
cloves	
50 g	Butter
50 g	Flour
500 ml	milk
1 tsp	Salt
1 tsp	Pepper
1 tsp	Dried Thyme
10 g	fresh parsley

Directions

Step 1

Stove

In a large pot, melt the butter over medium heat. Add the onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Add the flour to the pot and cook for 1 minute, stirring constantly.

Prep Time: 1 mins

Cook Time: 1 mins

Step 3

Stove

Slowly pour in the chicken broth, stirring constantly to prevent lumps.

Prep Time: 1 mins

Cook Time: 3 mins

Step 4

Stove

Add the chicken, potatoes, salt, pepper, and dried thyme to the pot. Bring to a boil, then reduce heat and simmer for 20 minutes, or until the chicken is cooked through and the potatoes are tender.

Prep Time: 5 mins

Cook Time: 20 mins

Step 5

Stove

Stir in the milk and cook for an additional 5 minutes, or until heated through.

Prep Time: 1 mins

Cook Time: 5 mins

Step 6

Garnish with fresh parsley before serving.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	6 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	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Cuisines

Italian

Course

Breads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com