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## Blue Soup

Blue Soup is a unique and flavorful soup that is perfect for any occasion. It has a rich history and is enjoyed by people all over the world. The soup is known for its vibrant blue color and delicious taste. It can be served as an appetizer or as a main course. The soup is made with a variety of ingredients, including blue potatoes, blue corn, and blueberries. It is a comforting and satisfying dish that is sure to impress your guests.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>300 g</b>	blue potatoes
<b>150 g</b>	blue corn
<b>50 g</b>	blueberries
<b>1000 ml</b>	vegetable broth

100 g	onion
2 cloves	garlic
2 tbsp	olive oil
1 tsp	salt
1 tsp	pepper

## Directions

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### Step 1

Cut

Peel and chop the blue potatoes, onion, and garlic.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 2

Sautéing

Heat olive oil in a large pot over medium heat. Add the chopped onion and garlic and sauté until translucent.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

#### Boiling

Add the chopped blue potatoes, blue corn, and vegetable broth to the pot. Season with salt and pepper.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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### Step 4

#### Simmering

Simmer the soup for 20 minutes, or until the potatoes are tender.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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### Step 5

#### Blending

Blend the soup until smooth using a blender or immersion blender.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 6

#### Garnishing

Garnish the soup with fresh blueberries and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 4 g

**Protein:** 4 g

**Carbohydrates:** 25 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)
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Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 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	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Fall

### Cuisines

Italian

### Course

Appetizers

Soups

Sauces & Dressings

### Demographics

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

Vegan Diet

Raw Food Diet

### Meal Type

Brunch

Supper

### Difficulty Level

Medium

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