

German Potato Soup (Kartoffelsuppe)

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/kartoffelsuppe-nach-bayrischer-art-bavarian-potato-soup-recipes>

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic sliced finely
- 1 small onion sliced finely
- 1 medium carrot diced
- 1 stalk celery diced
- 1/2 kilogram potatoes diced
- 3 cups stock
- 1 bay leaf
- 3/4 cup double cream
- 1 tablespoon butter heaping, chilled
- 1 lemon grated zest
- 1/4 cup onions spring, green, cut into thin rings
- salt
- pepper
- 1 dash cumin powder optional
- 1 dash nutmeg powder, optional

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 85 milligrams
4. Fat: 32 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 15 grams
8. Sodium: 520 milligrams

9. Sugar: 6 grams

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