

# Leek and Potato Soup

Yield: 6 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/leek-soup-indian-recipe>

## Ingredients:

- 3 russet potatoes peeled and sliced or diced
- 5 leeks trimmed, cleaned, then thinly sliced, including the tender green part
- salt
- 6 tablespoons whipping cream
- 3 tablespoons fresh parsley minced, or chives

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 150 milligrams
9. Sugar: 4 grams

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