



Bacon and Potato Soup



Gluten Free



Popular

READY IN



50 min.

SERVINGS



5

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon thick
- ☐ 0.5 cup carrots chopped
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 stalk celery chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 cups chicken broth low fat, low sodium
- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 cup onion chopped

- ☐ 4 cups potatoes cubed
- ☐ 0.5 cup cheddar cheese shredded

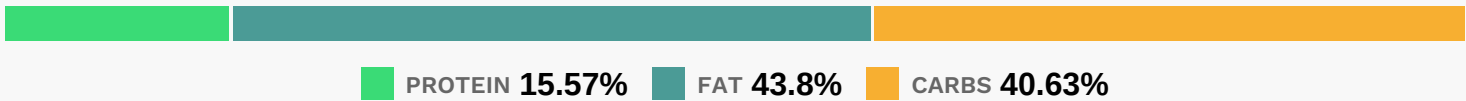
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cook bacon until crisp in 3-quart saucepan, remove and drain well on paper towels. Discard bacon grease and wipe pan thoroughly with paper towel.
- ☐ Meanwhile, prepare vegetables.
- ☐ Add olive oil to saucepan and add onion, carrot, and celery as they are cut up.
- ☐ Saute until onion is soft but not brown, about 3-4 minutes.
- ☐ Stir in chicken broth, potatoes, and pepper; bring to a boil, reduce heat, and simmer, covered, until potatoes are tender, about 10-15 minutes.
- ☐ Stir in cheese, heating just until melted--do not boil. Chop bacon and add to soup. Adjust seasoning to taste by adding salt, if desired.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:49.72, Glycemic Load:22.34, Inflammation Score:-9, Nutrition Score:16.276086947192%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 339.3kcal (16.96%), Fat: 16.87g (25.96%), Saturated Fat: 6.24g (39.02%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 30.75g (11.18%), Sugar: 2.99g (3.32%), Cholesterol: 28.72mg (9.57%), Sodium: 563.85mg (24.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.98%), Vitamin A: 2321.77IU (46.44%), Vitamin C: 35.32mg (42.81%), Vitamin B6: 0.64mg (31.83%), Potassium: 1016.81mg (29.05%), Vitamin B3: 5.6mg (28%), Phosphorus: 253.36mg (25.34%), Fiber: 4.47g (17.87%), Manganese: 0.31mg (15.49%), Copper: 0.31mg (15.39%), Vitamin B1: 0.23mg (15.21%), Selenium: 9.14µg (13.05%), Magnesium: 50.85mg (12.71%), Calcium: 120.26mg (12.03%), Vitamin B2: 0.2mg (11.67%), Iron: 1.93mg (10.74%), Zinc: 1.47mg (9.82%), Folate: 37.66µg (9.41%), Vitamin K: 8.32µg (7.93%), Vitamin B5: 0.76mg (7.65%), Vitamin B12: 0.44µg (7.34%), Vitamin E: 0.51mg (3.41%), Vitamin D: 0.17µg (1.16%)