



Bacon Cheddar Potato Soup

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.7 cups water
- 0.3 cup butter
- 1 teaspoon salt
- 0.7 cup milk
- 2 cups potatoes mashed
- 0.5 lb bacon cut into small pieces
- 0.5 medium onion yellow finely chopped
- 0.3 teaspoon pepper black

- 32 oz chicken broth
- 2 oz cheddar cheese shredded
- 1 serving spring onion chopped

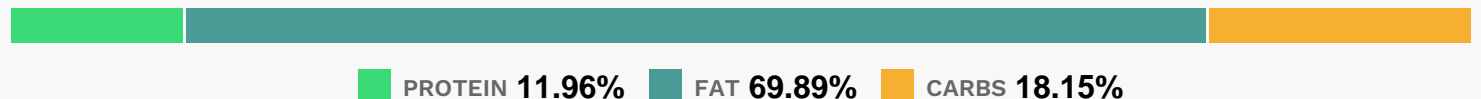
Equipment

- bowl
- paper towels
- sauce pan
- whisk
- pot
- slotted spoon

Directions

- In 2-quart saucepan, heat water, butter and salt to boiling over medium-high heat.
- Remove from heat. Stir in milk and potatoes (dry) just until moistened.
- Let stand about 30 seconds or until liquid is absorbed; whip with fork. Set aside.
- In 6-quart heavy stockpot, cook bacon over medium heat until crisp. Use slotted spoon to transfer bacon to paper towels, leaving drippings in stockpot.
- Add onion and pepper to stockpot. Cook 4 to 5 minutes or until onions are translucent and lightly browned.
- Add potatoes and broth to stockpot. Beat with whisk until ingredients are well combined. Continue to cook until heated through.
- Transfer soup to bowls. Top with bacon, cheese and green onion.

Nutrition Facts



Properties

Glycemic Index:72.44, Glycemic Load:14.57, Inflammation Score:-6, Nutrition Score:14.256956494373%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 521.14kcal (26.06%), Fat: 40.72g (62.65%), Saturated Fat: 18.37g (114.84%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 21.18g (7.7%), Sugar: 4.42g (4.92%), Cholesterol: 91.52mg (30.51%), Sodium: 2012.51mg (87.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.35%), Vitamin C: 21.98mg (26.65%), Phosphorus: 264.71mg (26.47%), Vitamin B6: 0.51mg (25.67%), Selenium: 17.63µg (25.19%), Vitamin B1: 0.32mg (21.53%), Vitamin B2: 0.34mg (20.11%), Potassium: 696.45mg (19.9%), Vitamin B3: 3.97mg (19.83%), Calcium: 188.04mg (18.8%), Manganese: 0.31mg (15.59%), Zinc: 1.88mg (12.53%), Vitamin A: 605.98IU (12.12%), Vitamin B12: 0.72µg (12.05%), Magnesium: 45.69mg (11.42%), Copper: 0.21mg (10.51%), Fiber: 2.61g (10.46%), Vitamin B5: 0.89mg (8.92%), Iron: 1.3mg (7.24%), Vitamin K: 6.81µg (6.49%), Folate: 23.8µg (5.95%), Vitamin E: 0.81mg (5.42%), Vitamin D: 0.76µg (5.06%)