



Bacon, Cheese & Potato Chowder

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



71 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices oscar mayer bacon crumbled cooked
- 10 oz condensed cream of potato soup canned
- 3 cups milk fat-free
- 2 green onions thinly sliced
- 2 cups ore-ida hash brown potatoes diced
- 1 cup milk sharp cheddar cheese shredded 2% kraft

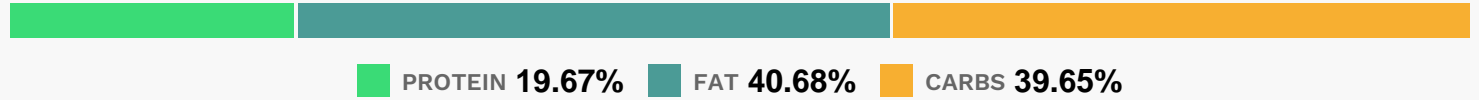
Equipment

- sauce pan

Directions

- Mix soup and milk in large saucepan. Stir in potatoes.
- Bring to boil on high heat, stirring occasionally. Simmer on medium-low heat 10 min. or until heated through, stirring frequently.
- Serve topped with cheese, bacon and onions.

Nutrition Facts



Properties

Glycemic Index:6.16, Glycemic Load:1.72, Inflammation Score:-2, Nutrition Score:3.3217391255109%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 70.69kcal (3.53%), Fat: 3.22g (4.96%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 6.69g (2.43%), Sugar: 2.14g (2.38%), Cholesterol: 8.91mg (2.97%), Sodium: 157.15mg (6.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Calcium: 93.8mg (9.38%), Phosphorus: 83.93mg (8.39%), Vitamin B2: 0.08mg (4.87%), Vitamin B12: 0.29µg (4.83%), Selenium: 3.12µg (4.45%), Potassium: 148.69mg (4.25%), Manganese: 0.08mg (3.85%), Vitamin B1: 0.05mg (3.55%), Zinc: 0.52mg (3.46%), Vitamin B5: 0.33mg (3.35%), Vitamin A: 154IU (3.08%), Vitamin D: 0.45µg (2.98%), Vitamin B3: 0.55mg (2.76%), Vitamin B6: 0.05mg (2.72%), Copper: 0.05mg (2.68%), Vitamin K: 2.78µg (2.64%), Vitamin C: 1.95mg (2.36%), Magnesium: 8.89mg (2.22%), Iron: 0.3mg (1.64%), Fiber: 0.38g (1.53%)