



## Baked Potato and Bacon Soup

 Gluten Free

READY IN



45 min.

SERVINGS



100

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 slices bacon
- 2.5 pounds baking potatoes
- 1 bay leaves
- 0.5 teaspoon pepper black
- 3 garlic minced
- 0.5 cup spring onion sliced
- 3.8 cups milk 1% low-fat
- 1.5 cups beef broth fat-free

- 2.3 cups onion chopped
- 0.5 teaspoon salt
- 2.5 ounces sharp cheddar cheese shredded reduced-fat finely

## Equipment

- frying pan
- oven
- potato masher
- dutch oven

## Directions

- Preheat oven to 400
- Pierce potatoes with a fork; bake at 400 for 1 hour or until tender. Cool slightly. Partially mash potatoes, including skins, with a potato masher; set aside.
- Cook bacon in a Dutch oven over medium heat until crisp.
- Remove bacon from pan; crumble.
- Add onion to bacon drippings in pan; saut minutes.
- Add salt, garlic, and bay leaf; saut 2 minutes.
- Add potato, milk, pepper, and broth; bring to a boil. Reduce heat, and simmer 10 minutes. Discard bay leaf. Stir in parsley, if desired. Top individual servings with bacon, green onions, and cheese.

## Nutrition Facts



**PROTEIN 17.19%** **FAT 28.54%** **CARBS 54.27%**

## Properties

Glycemic Index:2.33, Glycemic Load:1.71, Inflammation Score:0, Nutrition Score:1.0982608759533%

## Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

0.79mg, Quercetin: 0.79mg

## **Nutrients (% of daily need)**

Calories: 21.31kcal (1.07%), Fat: 0.69g (1.06%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.72g (0.99%), Sugar: 0.68g (0.75%), Cholesterol: 1.73mg (0.58%), Sodium: 32.95mg (1.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Vitamin B6: 0.05mg (2.65%), Potassium: 77.98mg (2.23%), Phosphorus: 21.25mg (2.12%), Calcium: 19.09mg (1.91%), Manganese: 0.03mg (1.33%), Vitamin B1: 0.02mg (1.27%), Vitamin B2: 0.02mg (1.26%), Vitamin C: 1.04mg (1.25%), Vitamin K: 1.3µg (1.24%), Magnesium: 4.47mg (1.12%), Vitamin B12: 0.07µg (1.1%)