



## Baked Potato-and-Bacon Soup

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



236 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 7 slices bacon
- 5.3 pounds baking potatoes
- 1 bay leaves
- 0.8 teaspoon pepper black
- 3 cups fat-skimmed beef broth fat-free
- 5 garlic clove minced
- 1.3 cups spring onion sliced
- 7.5 cups milk 1% low-fat

- 4.5 cups onion chopped
- 1 teaspoon salt
- 5 ounces sharp cheddar cheese shredded reduced-fat finely

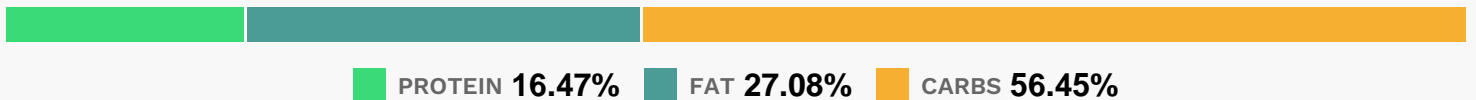
## Equipment

- 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 5 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. Stir in parsley, if desired. Top individual servings with bacon, green onions, and cheese.

## Nutrition Facts



## Properties

Glycemic Index:12.93, Glycemic Load:19.87, Inflammation Score:-6, Nutrition Score:12.750434714815%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg

## Nutrients (% of daily need)

Calories: 235.81kcal (11.79%), Fat: 7.24g (11.14%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 33.94g (11.31%), Net Carbohydrates: 31.32g (11.39%), Sugar: 7.65g (8.5%), Cholesterol: 18.44mg (6.15%), Sodium: 439.91mg (19.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.81%), Vitamin B6: 0.61mg (30.59%), Phosphorus: 242.18mg (24.22%), Potassium: 824.46mg (23.56%), Calcium: 214.92mg (21.49%), Vitamin K: 17.35µg (16.53%), Manganese: 0.3mg (15.23%), Vitamin C: 12.07mg (14.63%), Vitamin B2: 0.25mg (14.61%), Vitamin B1: 0.22mg (14.47%), Vitamin B12: 0.8µg (13.36%), Magnesium: 51.51mg (12.88%), Selenium: 7.74µg (11.06%), Vitamin B3: 2.13mg (10.65%), Fiber: 2.62g (10.48%), Vitamin B5: 0.94mg (9.39%), Copper: 0.18mg (8.79%), Zinc: 1.31mg (8.74%), Folate: 34.61µg (8.65%), Iron: 1.45mg (8.06%), Vitamin D: 1.16µg (7.75%), Vitamin A: 347.04IU (6.94%), Vitamin E: 0.18mg (1.18%)