



Baked Potato-and-Broccoli Soup

READY IN



40 min.

SERVINGS



7

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 teaspoons bacon pieces fully cooked
- 2 cups broccoli florets chopped
- 28.5 ounce chicken broth fat-free low-sodium divided canned
- 0.3 cup flour all-purpose
- 7 teaspoons green onions chopped
- 1.3 cups milk 2% reduced-fat
- 1 small onion chopped
- 1.3 pounds potatoes cubed peeled
- 7 teaspoons sharp cheddar cheese shredded 2% reduced-fat

8 ounce block sharp cheddar cheese shredded 2% reduced-fat

Equipment

whisk

dutch oven

Directions

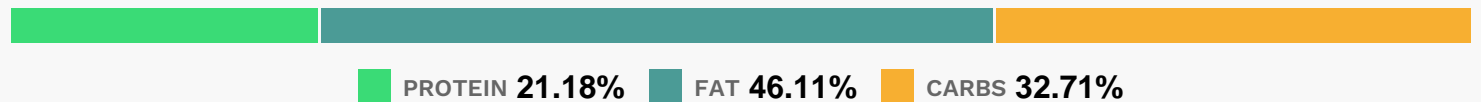
Whisk together flour and 1/3 cup chicken broth until smooth.

Combine remaining chicken broth and next 3 ingredients in a Dutch oven. Bring to a boil; cover, reduce heat, and simmer 8 minutes or until potatoes are tender. Gradually stir in flour mixture. Cook, stirring often, 5 minutes.

Stir in milk and 8 ounces shredded cheese. Cook mixture over medium-low heat, stirring constantly, until cheese melts. Top each serving of soup with 1 teaspoon cheese, 1 teaspoon bacon pieces, and 1 teaspoon chopped green onions.

Note: We recommend freshly shredded cheese (versus the preshredded variety) for additional creaminess and even melting.

Nutrition Facts



Properties

Glycemic Index:43.39, Glycemic Load:13.64, Inflammation Score:-6, Nutrition Score:15.589999893437%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 282.58kcal (14.13%), Fat: 14.7g (22.61%), Saturated Fat: 8.26g (51.62%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 20.66g (7.51%), Sugar: 3.99g (4.43%), Cholesterol: 45.7mg (15.23%), Sodium: 855.26mg (37.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.19g (30.38%), Vitamin C: 40.35mg (48.91%), Calcium: 345.45mg (34.54%), Vitamin K: 33.23µg (31.65%), Phosphorus: 294.22mg (29.42%), Selenium: 16.63µg (23.75%), Vitamin B2: 0.35mg (20.56%), Vitamin B6: 0.36mg (17.88%), Potassium: 570.43mg (16.3%), Vitamin B12:

0.85µg (14.16%), Zinc: 1.99mg (13.29%), Folate: 51.79µg (12.95%), Manganese: 0.25mg (12.37%), Vitamin A: 600.76IU (12.02%), Fiber: 2.8g (11.2%), Vitamin B1: 0.16mg (10.62%), Magnesium: 42.34mg (10.59%), Vitamin B3: 2.01mg (10.04%), Vitamin B5: 0.86mg (8.65%), Copper: 0.15mg (7.45%), Iron: 1.31mg (7.27%), Vitamin E: 0.52mg (3.46%), Vitamin D: 0.22µg (1.49%)