



Baked Potato-Cheddar Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 oz condensed cream of potato soup canned
- ☐ 1 cup milk
- ☐ 30 oz potatoes drained sliced canned
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 pint whipping cream

Equipment

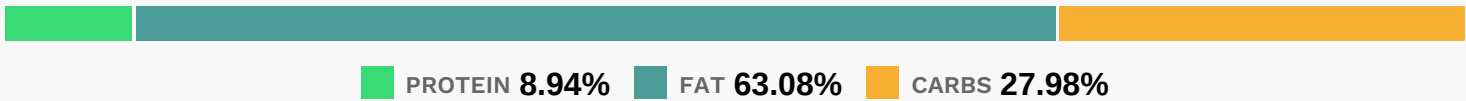
- ☐ bowl
- ☐ ladle

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Pour soups, potatoes, whipping cream and milk into an ungreased 2-quart casserole dish; mix well. Cover and bake at 400 degrees for 45 minutes to one hour. Ladle into serving bowls; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:18.97, Inflammation Score:-8, Nutrition Score:16.396521775619%

Flavonoids

Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 534.27kcal (26.71%), Fat: 38.08g (58.58%), Saturated Fat: 23.46g (146.65%), Carbohydrates: 38g (12.67%), Net Carbohydrates: 34.5g (12.55%), Sugar: 7.02g (7.8%), Cholesterol: 117.55mg (39.18%), Sodium: 740.14mg (32.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.14g (24.28%), Vitamin C: 28.4mg (34.42%), Vitamin A: 1480.97IU (29.62%), Phosphorus: 288.83mg (28.88%), Calcium: 267.35mg (26.74%), Vitamin B6: 0.51mg (25.6%), Manganese: 0.5mg (25.23%), Potassium: 850.18mg (24.29%), Vitamin B2: 0.36mg (21.19%), Copper: 0.36mg (17.87%), Selenium: 10.69µg (15.27%), Vitamin B5: 1.51mg (15.12%), Fiber: 3.5g (13.99%), Zinc: 1.93mg (12.87%), Magnesium: 49.03mg (12.26%), Vitamin B1: 0.18mg (12.26%), Vitamin D: 1.82µg (12.15%), Vitamin B3: 2mg (10.02%), Vitamin B12: 0.58µg (9.72%), Iron: 1.57mg (8.74%), Folate: 31.68µg (7.92%), Vitamin K: 6.83µg (6.51%), Vitamin E: 0.97mg (6.45%)