



## Baked Potato Soup

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 pounds baking potatoes
- 0.5 teaspoon pepper black
- 6 bacon crumbled cooked
- 0.7 cup flour all-purpose
- 0.8 cup green onions divided chopped
- 6 cups milk 2% reduced-fat
- 4 ounces cheddar cheese shredded extra-sharp divided reduced-fat
- 1 cup heavy whipping cream sour reduced-fat
- 1 teaspoon salt


## Equipment

- oven
- knife
- whisk
- measuring cup
- dutch oven

## Directions

- Preheat oven to 400
- Pierce potatoes with a fork; bake at 400 for 1 hour or until tender. Cool. Peel potatoes; coarsely mash. Discard skins.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Place flour in a large Dutch oven; gradually add milk, stirring with a whisk until blended. Cook over medium heat until thick and bubbly (about 8 minutes).
- Add mashed potatoes, 3/4 cup cheese, salt, and pepper, stirring until cheese melts.
- Remove from heat.
- Stir in sour cream and 1/2 cup onions. Cook over low heat 10 minutes or until thoroughly heated (do not boil).
- Sprinkle each serving with cheese, onions, and bacon.

## Nutrition Facts

 **PROTEIN 19.77%**  **FAT 26.45%**  **CARBS 53.78%**

## Properties

Glycemic Index:27.97, Glycemic Load:26.05, Inflammation Score:-6, Nutrition Score:16.728261045788%

## Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 333.41kcal (16.67%), Fat: 9.89g (15.21%), Saturated Fat: 5.52g (34.47%), Carbohydrates: 45.24g (15.08%), Net Carbohydrates: 42.84g (15.58%), Sugar: 10.22g (11.35%), Cholesterol: 33.14mg (11.05%), Sodium: 594.11mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.25%), Phosphorus: 368.02mg (36.8%), Calcium: 339.9mg (33.99%), Vitamin B6: 0.61mg (30.56%), Vitamin B2: 0.51mg (30.19%), Potassium: 977.88mg (27.94%), Vitamin K: 22.78µg (21.69%), Vitamin B1: 0.32mg (21.28%), Selenium: 14.57µg (20.82%), Vitamin B12: 1.19µg (19.9%), Manganese: 0.35mg (17.61%), Magnesium: 63.46mg (15.87%), Vitamin B3: 2.95mg (14.76%), Folate: 58.5µg (14.63%), Zinc: 1.96mg (13.05%), Vitamin C: 10.45mg (12.67%), Vitamin B5: 1.2mg (12.04%), Iron: 2.03mg (11.27%), Copper: 0.2mg (9.76%), Fiber: 2.4g (9.6%), Vitamin A: 401.97IU (8.04%), Vitamin E: 0.25mg (1.64%)