



Baked Potato Soup

READY IN



60 min.

SERVINGS



6

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces bacon
- 1 sourdough baguette
- 0.5 cup aged cheddar cheese shredded
- 8 cups chicken stock see
- 5 medium garlic cloves
- 3 green onions thinly sliced for garnish
- 2 medium potatoes red
- 1 tablespoon red wine vinegar
- 1 medium baking potatoes

- 6 servings cup heavy whipping cream sour for garnish
- 1 medium onions yellow finely chopped

Equipment

- bowl
- baking sheet
- paper towels
- ladle
- oven
- pot
- stove
- slotted spoon

Directions

- Heat bacon in a large pot over medium-high heat until crisp and fat is rendered, about 7 minutes.
- Remove bacon to a paper towel-lined plate with a slotted spoon and discard all but 1 tablespoon drippings.
- Return pot to stove and add onions and garlic. Season with salt and freshly ground black pepper and cook until golden, about 2 minutes.
- Add potato and stir to coat.
- Add vinegar and scrape up any browned bits.
- Add stock and bring to a boil. Reduce to a simmer and cook until potato is fork tender, about 20 minutes.
- Heat oven to 450degreesF and arrange a rack in the upper third.
- When soup is ready, ladle into 8- to 12-ounce oven-safe bowls and top with two baguette slices. Pile cheese and bacon on top and repeat to make 4 to 6 servings.
- Place on a baking sheet and place in oven until cheese is melty and browned, about 5 minutes.

Remove from oven, let cool slightly, top each bowl with a dollop sour cream and a sprinkling of green onions and serve.

Nutrition Facts



PROTEIN 17.16% **FAT 36.06%** **CARBS 46.78%**

Properties

Glycemic Index:45.42, Glycemic Load:19.56, Inflammation Score:-6, Nutrition Score:17.995652255805%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 455.31kcal (22.77%), Fat: 18.18g (27.97%), Saturated Fat: 6.83g (42.7%), Carbohydrates: 53.06g (17.69%), Net Carbohydrates: 49.99g (18.18%), Sugar: 9.53g (10.59%), Cholesterol: 38.57mg (12.86%), Sodium: 922.39mg (40.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.46g (38.93%), Vitamin B3: 8.98mg (44.89%), Vitamin B1: 0.52mg (34.34%), Selenium: 22.09µg (31.56%), Vitamin B2: 0.53mg (31.12%), Vitamin B6: 0.6mg (30%), Phosphorus: 279.84mg (27.98%), Potassium: 972.75mg (27.79%), Folate: 88.43µg (22.11%), Manganese: 0.43mg (21.49%), Copper: 0.39mg (19.4%), Iron: 3.22mg (17.86%), Vitamin K: 17.53µg (16.7%), Calcium: 157.92mg (15.79%), Vitamin C: 12.15mg (14.73%), Magnesium: 57.19mg (14.3%), Fiber: 3.06g (12.25%), Zinc: 1.81mg (12.05%), Vitamin B5: 0.69mg (6.88%), Vitamin A: 251.44IU (5.03%), Vitamin B12: 0.22µg (3.66%), Vitamin E: 0.46mg (3.09%)