



 **28%**
HEALTH SCORE

Baked Potato Soup

 **Gluten Free**

READY IN



20 min.

SERVINGS



2

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium potatoes cooled
- 14 ounces chicken broth canned
- 2 tablespoons cream sour
- 0.1 teaspoon pepper
- 0.3 cup cheddar cheese shredded
- 1 tablespoon bacon crumbled cooked
- 1 spring onion sliced

Equipment

sauce pan

blender

Directions

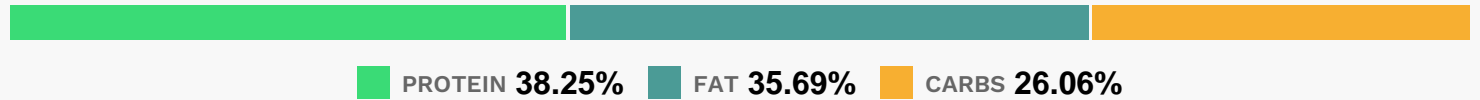
Peel potatoes and cut into 1/2-in. cubes; place half in a blender.

Add broth; cover and process until smooth.

Pour into a saucepan. Stir in sour cream, pepper and remaining potatoes. Cook over low heat until heated through (do not boil).

Garnish with cheese, bacon and onion.

Nutrition Facts



Properties

Glycemic Index:87.38, Glycemic Load:27.44, Inflammation Score:-7, Nutrition Score:25.396086879399%

Flavonoids

Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 631.14kcal (31.56%), Fat: 24.64g (37.91%), Saturated Fat: 8.87g (55.43%), Carbohydrates: 40.48g (13.49%), Net Carbohydrates: 35.6g (12.95%), Sugar: 2.26g (2.51%), Cholesterol: 123.89mg (41.3%), Sodium: 1125.18mg (48.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.4g (118.81%), Selenium: 43.41µg (62.02%), Vitamin C: 43.2mg (52.36%), Vitamin B6: 1.04mg (52.14%), Phosphorus: 514.84mg (51.48%), Zinc: 6.27mg (41.79%), Vitamin B3: 7.43mg (37.13%), Vitamin B12: 2.2µg (36.63%), Potassium: 1261.92mg (36.05%), Iron: 4.41mg (24.48%), Magnesium: 94.21mg (23.55%), Vitamin B2: 0.36mg (21.31%), Vitamin K: 21.75µg (20.72%), Fiber: 4.87g (19.49%), Manganese: 0.35mg (17.75%), Copper: 0.35mg (17.32%), Calcium: 170.59mg (17.06%), Vitamin B1: 0.2mg (13.33%), Vitamin A: 633.6IU (12.67%), Folate: 45.6µg (11.4%), Vitamin B5: 0.77mg (7.74%), Vitamin E: 0.86mg (5.71%), Vitamin D: 0.3µg (1.98%)