



Baked Potato Soup

READY IN



45 min.

SERVINGS



8

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

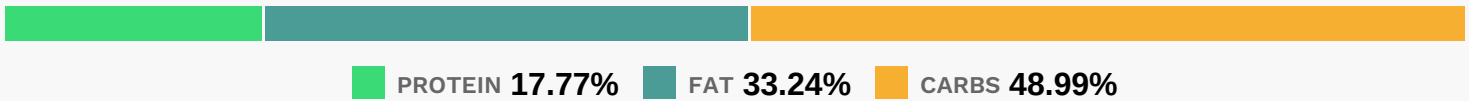
Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Pierce potatoes with a fork; bake at 400 for 1 hour or until tender. Cool. Peel potatoes; coarsely mash.
- ☐ Lightly spoon flour into dry measuring cups; 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 1/2 teaspoon 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). Ladle 1 1/2 cups soup into each of 8 bowls.
- ☐ Sprinkle each serving with 1 1/2 teaspoons cheese, 1 1/2 teaspoons onions, and about 1 tablespoon bacon.
- ☐ Garnish with cracked pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:31.34, Glycemic Load:26.27, Inflammation Score:-6, Nutrition Score:17.473478239516%

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: 367.5kcal (18.38%), Fat: 13.72g (21.1%), Saturated Fat: 7.62g (47.64%), Carbohydrates: 45.48g (15.16%), Net Carbohydrates: 43.07g (15.66%), Sugar: 10.19g (11.33%), Cholesterol: 44.34mg (14.78%), Sodium: 600.07mg (26.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.5g (33%), Calcium: 381.32mg (38.13%), Phosphorus: 364.56mg (36.46%), Vitamin B2: 0.55mg (32.08%), Vitamin B6: 0.61mg (30.73%), Potassium: 979.66mg (27.99%), Selenium: 16.6µg (23.72%), Vitamin K: 23.03µg (21.94%), Vitamin B1: 0.32mg (21.55%), Vitamin B12: 1.27µg (21.24%), Manganese: 0.35mg (17.71%), Magnesium: 65.07mg (16.27%), Folate: 60.31µg (15.08%), Vitamin B3: 2.97mg (14.83%), Zinc: 2.22mg (14.81%), Vitamin C: 10.45mg (12.67%), Vitamin B5: 1.24mg (12.38%), Iron: 2mg (11.12%), Vitamin A: 514.66IU (10.29%), Copper: 0.2mg (9.86%), Fiber: 2.41g (9.62%), Vitamin E: 0.34mg (2.3%), Vitamin D: 0.17µg (1.11%)