



## Baked Potato Soup

READY IN



45 min.

SERVINGS



12

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 large baking potatoes
- 0.3 cup butter
- 8 bacon crumbled cooked
- 0.3 cup flour all-purpose
- 0.1 teaspoon pepper white
- 1 quart half and half
- 3 cups milk
- 1 medium onion chopped
- 1 teaspoon salt

8 ounces cheddar cheese shredded

## Equipment

dutch oven

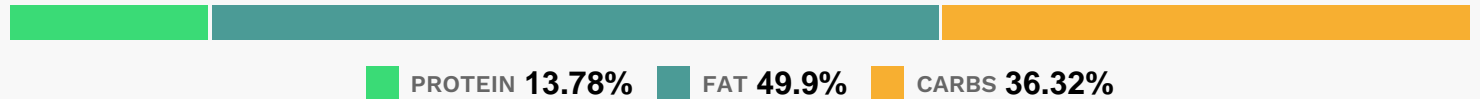
## Directions

Peel potatoes, and coarsely mash with a fork.

Melt butter in a Dutch oven over medium heat; add onion, and saut until tender.

Add flour, stirring until smooth. Stir in potatoes, half-and-half, and next 3 ingredients; cook over low heat until thoroughly heated. Top each serving with cheese and bacon.

## Nutrition Facts



## Properties

Glycemic Index:20.98, Glycemic Load:25.16, Inflammation Score:-6, Nutrition Score:14.71652179179%

## Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## Nutrients (% of daily need)

Calories: 413.81kcal (20.69%), Fat: 23.29g (35.83%), Saturated Fat: 11.79g (73.67%), Carbohydrates: 38.14g (12.71%), Net Carbohydrates: 35.88g (13.05%), Sugar: 7.6g (8.45%), Cholesterol: 59.1mg (19.7%), Sodium: 531mg (23.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.95%), Phosphorus: 335.88mg (33.59%), Vitamin B6: 0.66mg (33.08%), Calcium: 317.83mg (31.78%), Potassium: 897.04mg (25.63%), Vitamin B2: 0.41mg (23.83%), Selenium: 13.57µg (19.39%), Vitamin B1: 0.25mg (16.75%), Vitamin A: 740.23IU (14.8%), Magnesium: 59.17mg (14.79%), Manganese: 0.28mg (14.23%), Zinc: 1.9mg (12.67%), Vitamin B3: 2.53mg (12.64%), Vitamin B12: 0.74µg (12.37%), Vitamin C: 10.17mg (12.32%), Vitamin B5: 1.09mg (10.86%), Copper: 0.19mg (9.34%), Iron: 1.63mg (9.04%), Fiber: 2.25g (9.02%), Folate: 36.01µg (9%), Vitamin D: 0.81µg (5.37%), Vitamin K: 4.48µg (4.26%), Vitamin E: 0.56mg (3.72%)