



Baked Potato Soup I

 Popular

READY IN



40 min.

SERVINGS



6

CALORIES



951 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices bacon
- ☐ 0.7 cup flour all-purpose
- ☐ 4 green onions chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 0.7 cup butter
- ☐ 7 cups milk
- ☐ 4 large baked potatoes cubed peeled
- ☐ 1 teaspoon salt

- ☐ 1.3 cups cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour

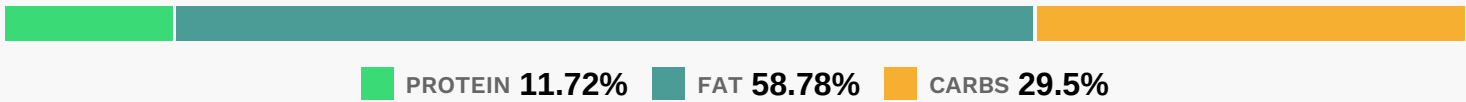
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium heat until browned.
- ☐ Drain, crumble, and set aside.
- ☐ In a stock pot or Dutch oven, melt the margarine over medium heat.
- ☐ Whisk in flour until smooth. Gradually stir in milk, whisking constantly until thickened. Stir in potatoes and onions. Bring to a boil, stirring frequently.
- ☐ Reduce heat, and simmer 10 minutes.
- ☐ Mix in bacon, cheese, sour cream, salt, and pepper. Continue cooking, stirring frequently, until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:47.96, Glycemic Load:44.5, Inflammation Score:-9, Nutrition Score:32.591739281364%

Flavonoids

Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 950.95kcal (47.55%), Fat: 62.7g (96.46%), Saturated Fat: 23.84g (149.01%), Carbohydrates: 70.81g (23.6%), Net Carbohydrates: 64.73g (23.54%), Sugar: 17.22g (19.14%), Cholesterol: 109.36mg (36.45%), Sodium: 1207.11mg (52.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.12g (56.24%), Phosphorus: 652.34mg (65.23%), Vitamin C: 50.36mg (61.04%), Calcium: 604.14mg (60.41%), Vitamin B6: 1.06mg (53.13%), Potassium:

1667.87mg (47.65%), Vitamin B2: 0.76mg (44.73%), Vitamin B1: 0.61mg (40.56%), Selenium: 27.84µg (39.78%), Vitamin A: 1940.85IU (38.82%), Vitamin B12: 2.11µg (35.21%), Magnesium: 112.2mg (28.05%), Vitamin B3: 5.58mg (27.9%), Manganese: 0.55mg (27.51%), Fiber: 6.08g (24.32%), Vitamin B5: 2.35mg (23.53%), Zinc: 3.52mg (23.49%), Vitamin D: 3.45µg (22.99%), Vitamin K: 23.82µg (22.68%), Folate: 77.45µg (19.36%), Copper: 0.33mg (16.65%), Iron: 2.96mg (16.46%), Vitamin E: 1.52mg (10.11%)