



Baked Potato Soup I

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 spring onion chopped
- 1 teaspoon pepper black
- 0.7 cup butter
- 7 cups milk
- 4 large potatoes cubed peeled
- 1 teaspoon salt
- 1.3 cups cheddar cheese shredded

1 cup 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



PROTEIN 11.72% **FAT 58.78%** **CARBS 29.5%**

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%)