



Baked Potato Soup III

READY IN



110 min.

SERVINGS



6

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 baking potatoes
- 0.7 cup butter
- 12 slices bacon crumbled cooked
- 0.7 cup flour all-purpose
- 1 cup spring onion chopped
- 0.5 teaspoon pepper black
- 6 cups milk
- 0.8 teaspoon salt
- 5 ounces cheddar cheese shredded

8 ounce cream sour

Equipment

frying pan

oven

Directions

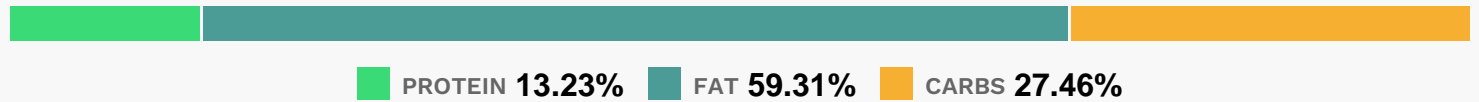
Bake potatoes 1 hour in a 400 degree F (200 degree C) oven. Scoop out the inside of the potatoes and set aside. Reserve the skins for another recipe or discard.

Melt the butter in a large skillet over medium low heat. Stir in the flour to make a roux. Cook about 1 minute, stirring constantly. Gradually pour in the milk while stirring until all the milk has been added. Bring heat to medium and keep stirring until the soup mixture starts to get thick.

Add the potatoes, green onions, salt, ground black pepper, bacon and cheese. Stir well and continue to heat for about 15 minutes, allowing the flavors to blend. Stirring well, mix in the sour cream until well blended with the soup.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.46, Glycemic Load:32.62, Inflammation Score:-8, Nutrition Score:25.577826085298%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 741.84kcal (37.09%), Fat: 49.53g (76.2%), Saturated Fat: 27.84g (174.01%), Carbohydrates: 51.6g (17.2%), Net Carbohydrates: 48.9g (17.78%), Sugar: 14.43g (16.03%), Cholesterol: 145.27mg (48.42%), Sodium: 990.68mg (43.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.73%), Phosphorus: 551.03mg (55.1%), Calcium: 546.6mg (54.66%), Vitamin B2: 0.68mg (39.95%), Vitamin K: 41µg (39.05%), Vitamin B6: 0.77mg (38.68%), Selenium: 26.47µg (37.81%), Potassium: 1172.61mg (33.5%), Vitamin A: 1672.21IU (33.44%), Vitamin B1: 0.48mg (31.78%), Vitamin B12: 1.86µg (31.08%), Vitamin B3: 4.37mg (21.87%), Magnesium: 84.24mg (21.06%), Zinc: 3.08mg (20.54%), Manganese: 0.39mg (19.31%), Vitamin D: 2.89µg (19.26%), Vitamin B5: 1.84mg (18.44%), Folate:

63.98µg (15.99%), Vitamin C: 11.57mg (14.02%), Iron: 2.35mg (13.07%), Copper: 0.22mg (10.82%), Fiber: 2.7g (10.79%), Vitamin E: 1.21mg (8.07%)