



Baked Potato Soup IV

 Vegetarian  Gluten Free

READY IN



195 min.

SERVINGS



8

CALORIES



462 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 0.5 teaspoon garlic powder
- ☐ 16 ounces heavy cream
- ☐ 0.5 teaspoon onion salt
- ☐ 8 servings pepper freshly ground to taste
- ☐ 4 large potatoes diced peeled
- ☐ 8 servings salt to taste

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 8 cups water

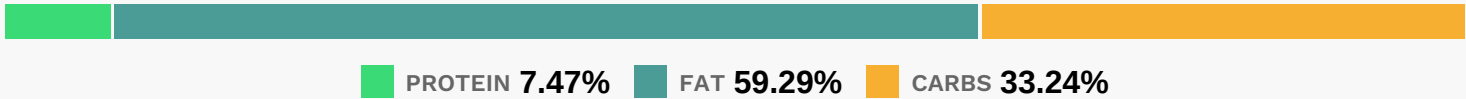
Equipment

- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place the potatoes and water in a large saucepan. Bring to a boil. Reduce heat and simmer 1 hour, or until potatoes are very soft.
- ☐ Mix the evaporated milk, heavy cream, sour cream, butter, onion salt, garlic powder, salt and pepper with the potatoes. Simmer 2 hours, stirring occasionally, until liquid has reduced by 1/
- ☐ Scoop out and drain 1 to 2 cups of the mixture and thoroughly mash with a potato masher. Return to mixture.
- ☐ Garnish and serve.

Nutrition Facts



Properties

Glycemic Index:21.34, Glycemic Load:23.61, Inflammation Score:-7, Nutrition Score:14.570434984954%

Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 461.7kcal (23.08%), Fat: 31.04g (47.75%), Saturated Fat: 19.28g (120.48%), Carbohydrates: 39.16g (13.05%), Net Carbohydrates: 35.06g (12.75%), Sugar: 8.05g (8.94%), Cholesterol: 96.7mg (32.23%), Sodium: 462.7mg (20.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.59%), Vitamin C: 37.66mg (45.65%), Vitamin B6: 0.6mg (29.79%), Potassium: 987.87mg (28.22%), Phosphorus: 241.21mg (24.12%), Vitamin A: 1164.48IU (23.29%), Calcium: 199.01mg (19.9%), Vitamin B2: 0.33mg (19.54%), Fiber: 4.1g (16.4%), Magnesium: 61.28mg (15.32%), Manganese: 0.3mg (15.13%), Copper: 0.26mg (12.78%), Vitamin B1: 0.18mg (12.26%), Vitamin B3: 2.09mg (10.43%), Vitamin B5: 1.03mg (10.31%), Folate: 36.46µg (9.12%), Iron: 1.61mg (8.97%), Zinc: 1.1mg (7.31%),

Vitamin D: 0.95µg (6.34%), Vitamin K: 6.33µg (6.03%), Selenium: 3.91µg (5.59%), Vitamin E: 0.79mg (5.27%),
Vitamin B12: 0.2µg (3.35%)