



## Baked Potato Soup V

READY IN



75 min.

SERVINGS



6

CALORIES



995 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bacon bits divided
- 9 baking potatoes
- 0.7 cup butter
- 0.7 cup flour all-purpose
- 4 spring onion chopped
- 1 teaspoon pepper black
- 0.5 tablespoon salt
- 10 ounces cheddar cheese shredded
- 8 ounce cream sour

6 cups milk whole

## Equipment

sauce pan

whisk

microwave

## Directions

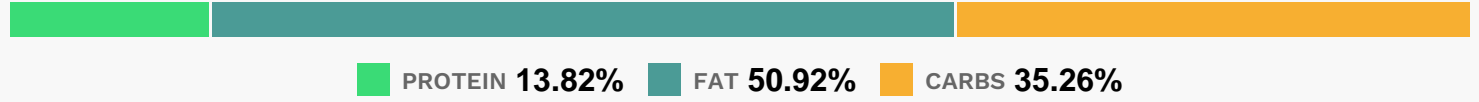
Prick potatoes with a fork and cook in the microwave, 3 or 4 at a time, and scoop out the flesh (while the others are cooking).

In a large saucepan over medium heat, melt butter. Stir in flour and cook about a minute.

Whisk in milk, a little at a time, stirring constantly until thickened. Stir in potatoes, salt, pepper, 1/3 cup bacon bits, 2 tablespoons green onions and most of the cheese. Cook until thoroughly heated. Stir in sour cream and heat through.

Serve topped with remaining bacon, onions and cheese.

## Nutrition Facts



## Properties

Glycemic Index:56.46, Glycemic Load:57.89, Inflammation Score:-9, Nutrition Score:35.015217242034%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 995.07kcal (49.75%), Fat: 57.19g (87.98%), Saturated Fat: 31.3g (195.65%), Carbohydrates: 89.08g (29.69%), Net Carbohydrates: 82.25g (29.91%), Sugar: 15.4g (17.11%), Cholesterol: 153.06mg (51.02%), Sodium: 1523.56mg (66.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.91g (69.82%), Calcium: 749.53mg (74.95%), Phosphorus: 734.62mg (73.46%), Vitamin B6: 1.33mg (66.39%), Potassium: 1858.08mg (53.09%), Vitamin B2: 0.81mg (47.77%), Vitamin B1: 0.65mg (43.55%), Selenium: 27.17µg (38.81%), Vitamin A: 1819.29IU (36.39%), Vitamin B12: 2.18µg (36.29%), Magnesium: 143.78mg (35.94%), Manganese: 0.67mg (33.59%), Zinc: 4.31mg (28.74%), Folate: 113.31µg (28.33%), Fiber: 6.83g (27.33%), Vitamin K: 27.1µg (25.81%), Vitamin C: 20.43mg (24.76%),

Copper: 0.49mg (24.59%), Vitamin B3: 4.81mg (24.07%), Vitamin B5: 2.29mg (22.93%), Iron: 3.8mg (21.09%),  
Vitamin D: 2.97µg (19.78%), Vitamin E: 2.65mg (17.69%)