



## Baked Potato Soup with Bacon

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 lb baking potatoes cut into 1/2-inch pieces ( 2)
- 1 Tbsp butter
- 0.3 cup celery chopped
- 0.3 cup knudsen cream sour
- 14 oz chicken broth fat-free reduced-sodium canned
- 1 green onion divided sliced
- 0.8 cup mild cheddar cheese shredded divided kraft finely
- 1.3 cups milk

- 0.1 tsp pepper
- 8 slices oscar mayer center cut bacon divided crumbled cooked
- 0.3 cup onions yellow chopped

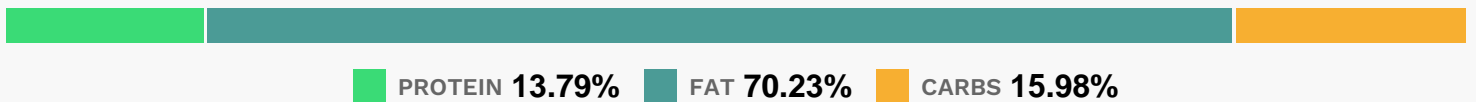
## Equipment

- sauce pan
- dutch oven

## Directions

- Melt butter in large saucepan or Dutch oven on medium heat.
- Add yellow onions and celery; cook and stir 5 min. or until crisp-tender.
- Add next 4 ingredients; bring just to boil, stirring constantly. Lightly crush potatoes with back of spoon. Simmer on medium-low heat 5 min., stirring frequently.
- Reserve 1 Tbsp. green onions and 2 Tbsp. each bacon and cheese.
- Add remaining green onions, bacon and cheese to soup; cook 5 min. or until cheese is melted, stirring constantly.
- Serve topped with reserved green onions, bacon, cheese and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:45.46, Glycemic Load:9.24, Inflammation Score:-4, Nutrition Score:10.276956547862%

## Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

## Nutrients (% of daily need)

Calories: 375.48kcal (18.77%), Fat: 29.39g (45.22%), Saturated Fat: 11.42g (71.36%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 14.08g (5.12%), Sugar: 3.66g (4.06%), Cholesterol: 57.56mg (19.19%), Sodium: 731.77mg

(31.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.97%), Selenium: 16.71µg (23.87%), Phosphorus: 235.18mg (23.52%), Vitamin B6: 0.39mg (19.5%), Calcium: 190.03mg (19%), Vitamin B3: 2.99mg (14.94%), Vitamin B1: 0.22mg (14.89%), Potassium: 478.15mg (13.66%), Vitamin B12: 0.82µg (13.65%), Vitamin B2: 0.23mg (13.34%), Zinc: 1.53mg (10.18%), Vitamin A: 424.57IU (8.49%), Vitamin B5: 0.82mg (8.19%), Magnesium: 32.01mg (8%), Vitamin K: 7.12µg (6.78%), Manganese: 0.13mg (6.38%), Vitamin D: 0.84µg (5.57%), Vitamin C: 4.32mg (5.24%), Copper: 0.1mg (5.22%), Iron: 0.86mg (4.79%), Folate: 16.23µg (4.06%), Fiber: 0.98g (3.92%), Vitamin E: 0.48mg (3.18%)