



Baked Potato Soup with Bacon

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baking potatoes cubed
- ☐ 0.3 cup green onions sliced
- ☐ 2 cups milk 2% low-fat
- ☐ 2 teaspoons butter reduced-calorie
- ☐ 0.3 teaspoon pepper
- ☐ 4 teaspoons bottled real bacon bits
- ☐ 0.5 teaspoon salt

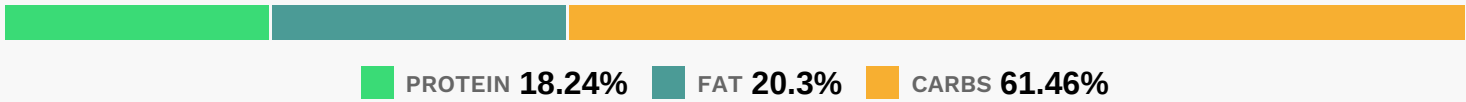
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Place potato cubes in a medium saucepan; cover with water, and bring to a boil. Cook 15 minutes or until very tender; drain. Return potatoes to pan, and mash to desired consistency.
- ☐ Add milk, margarine, salt, and pepper; stir well. Cook over medium heat until thoroughly heated, stirring frequently.
- ☐ Ladle soup into individual bowls; top with green onions and bacon bits.

Nutrition Facts



Properties

Glycemic Index:74.38, Glycemic Load:32.45, Inflammation Score:-7, Nutrition Score:19.537826113079%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 346.22kcal (17.31%), Fat: 7.98g (12.27%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 54.35g (18.12%), Net Carbohydrates: 51.02g (18.55%), Sugar: 13.4g (14.89%), Cholesterol: 21.8mg (7.27%), Sodium: 943.95mg (41.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.27%), Vitamin B6: 0.93mg (46.64%), Potassium: 1361.02mg (38.89%), Phosphorus: 373.99mg (37.4%), Calcium: 338.81mg (33.88%), Vitamin K: 30.6µg (29.15%), Vitamin B2: 0.42mg (24.56%), Vitamin B12: 1.44µg (24.08%), Vitamin B1: 0.33mg (21.88%), Magnesium: 83.58mg (20.89%), Manganese: 0.42mg (20.83%), Vitamin C: 15.29mg (18.53%), Vitamin D: 2.6µg (17.31%), Vitamin B5: 1.55mg (15.52%), Vitamin A: 769.67IU (15.39%), Vitamin B3: 2.68mg (13.42%), Fiber: 3.34g (13.35%), Copper: 0.25mg (12.51%), Iron: 2.16mg (12.03%), Zinc: 1.73mg (11.5%), Folate: 44.56µg (11.14%), Selenium: 5.95µg (8.5%), Vitamin E: 0.3mg (1.97%)