



Becca's Potato Bacon Soup

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices processed cheese food cut into small pieces
- ☐ 2 carrots shredded
- ☐ 0.5 teaspoon celery seed
- ☐ 4 cups chicken broth as needed
- ☐ 6 slices bacon crumbled cooked to taste
- ☐ 1 tablespoon parsley dried
- ☐ 0.3 cup flour all-purpose
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2 cups milk

- ☐ 6 cups potatoes cubed peeled
- ☐ 1 onion yellow chopped

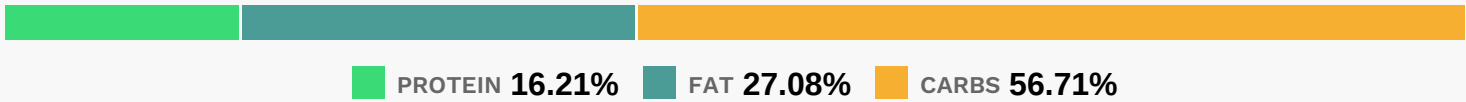
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ measuring cup

Directions

- ☐ Place cooked bacon in a large stockpot over medium-high heat; add potatoes, chicken broth, carrots, onion, parsley, celery seed, salt, and pepper. Bring mixture to a boil, cover stockpot with a lid, reduce heat to medium-low, and simmer, stirring frequently and slightly mashing potatoes, until potatoes are fully cooked, at least 20 minutes.
- ☐ Add extra chicken broth if needed.
- ☐ Whisk milk and flour together in a bowl or measuring cup until frothy; slowly pour into soup while constantly stirring. Bring soup back to a simmer and cook until soup is thickened, 3 to 5 minutes.
- ☐ Remove soup from heat and stir in American cheese until completely melted. Ladle soup into serving bowls and garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:54.93, Glycemic Load:32.35, Inflammation Score:-10, Nutrition Score:22.438695824665%

Flavonoids

Apigenin: 15.14mg, Apigenin: 15.14mg, Apigenin: 15.14mg, Apigenin: 15.14mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 345.79kcal (17.29%), Fat: 10.56g (16.25%), Saturated Fat: 5.11g (31.92%), Carbohydrates: 49.76g (16.59%), Net Carbohydrates: 43.99g (16%), Sugar: 8.32g (9.25%), Cholesterol: 34.81mg (11.6%), Sodium: 1009.74mg (43.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.44%), Vitamin A: 3678.7IU (73.57%), Vitamin C: 44.37mg (53.78%), Vitamin B6: 0.78mg (38.83%), Phosphorus: 349.47mg (34.95%), Potassium: 1202.71mg (34.36%), Calcium: 297.58mg (29.76%), Manganese: 0.55mg (27.52%), Vitamin B1: 0.36mg (23.83%), Fiber: 5.78g (23.1%), Vitamin B2: 0.37mg (22.02%), Vitamin B3: 4.06mg (20.3%), Magnesium: 73.4mg (18.35%), Selenium: 11.64µg (16.62%), Copper: 0.3mg (14.8%), Iron: 2.41mg (13.39%), Folate: 52.23µg (13.06%), Vitamin B12: 0.77µg (12.8%), Zinc: 1.79mg (11.95%), Vitamin B5: 1.19mg (11.91%), Vitamin K: 12.07µg (11.49%), Vitamin D: 1.01µg (6.74%), Vitamin E: 0.44mg (2.96%)