

## Best Potato Soup

READY IN



40 min.

SERVINGS



15

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 oz bacon
- 1.5 cups onion chopped
- 6 cups chicken broth (from two 32-oz cartons)
- 2 lb baking potatoes cubed peeled
- 0.7 cup butter
- 0.8 cup flour all-purpose
- 4 cups milk
- 1 teaspoon salt
- 1 teaspoon pepper freshly ground

- 1 cup finely-chopped ham diced cooked
- 8 oz cream sour
- 10 oz sharp cheddar cheese shredded
- 0.8 cup spring onion sliced

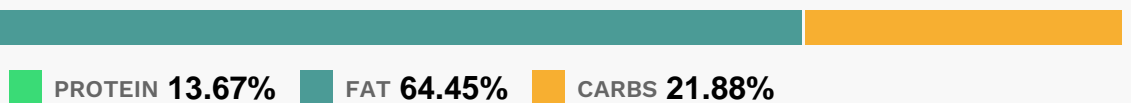
## Equipment

- frying pan
- paper towels
- whisk
- dutch oven

## Directions

- In 12-inch skillet, cook bacon over medium heat 6 to 7 minutes or until crisp; drain on paper towels. Crumble bacon; set aside. Reserve 2 tablespoons drippings in skillet. Cook onion in bacon drippings over medium-high heat 6 minutes or until almost tender.
- In 6-quart Dutch oven, mix onion, broth and potatoes.
- Heat to boiling; reduce heat. Cook 10 minutes or until potatoes are very tender.
- Meanwhile, in same skillet, melt butter over low heat. Stir in flour with whisk until smooth. Cook and stir 1 minute. Gradually stir in 2 cups of the milk.
- Pour milk mixture into potato mixture.
- Add remaining 2 cups milk, the salt and pepper. Cook over medium heat, stirring constantly with whisk, until mixture is thickened and bubbly.
- Stir in ham, half of the bacon, the sour cream, 2 cups of the cheese and 1/2 cup of the green onions. Cook until thoroughly heated and cheese is melted. Evenly top individual servings with remaining bacon, 1/2 cup cheese and 1/4 cup green onions.

## Nutrition Facts



## Properties

Glycemic Index:24.38, Glycemic Load:13.75, Inflammation Score:-6, Nutrition Score:12.557391249615%

## Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

## Nutrients (% of daily need)

Calories: 408.73kcal (20.44%), Fat: 29.54g (45.44%), Saturated Fat: 14.74g (92.14%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 21.16g (7.7%), Sugar: 5.31g (5.9%), Cholesterol: 79.67mg (26.56%), Sodium: 963.42mg (41.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.19%), Phosphorus: 271.32mg (27.13%), Calcium: 253.46mg (25.35%), Selenium: 16.15µg (23.07%), Vitamin B2: 0.35mg (20.77%), Vitamin B6: 0.37mg (18.64%), Vitamin B1: 0.28mg (18.44%), Potassium: 514.32mg (14.69%), Vitamin A: 702.88IU (14.06%), Vitamin B12: 0.84µg (13.98%), Vitamin K: 13.32µg (12.69%), Vitamin B3: 2.52mg (12.62%), Manganese: 0.24mg (11.95%), Zinc: 1.79mg (11.92%), Magnesium: 37.99mg (9.5%), Vitamin C: 7.46mg (9.05%), Vitamin B5: 0.82mg (8.17%), Folate: 31.57µg (7.89%), Iron: 1.2mg (6.65%), Copper: 0.13mg (6.27%), Vitamin D: 0.92µg (6.13%), Fiber: 1.39g (5.56%), Vitamin E: 0.64mg (4.29%)