



## Cheddar Cheese Baked Potato Soup

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



163 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 baking potatoes
- 20 ounce condensed cream of cheddar cheese soup canned
- 6 servings spring onion finely chopped for garnish
- 2.5 cups chicken stock low-sodium
- 0.3 cup oz. bacon into pieces
- 6 servings cream sour for garnish

### Equipment

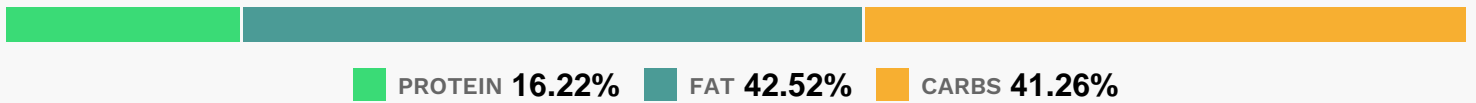
- bowl

- frying pan
- ladle
- microwave
- oven mitt

## Directions

- Microwave the baking potato for 7 to 8 minutes on high. Carefully remove from microwave using oven mitts. It will be HOT! Set aside until cool enough to touch.
- When potato is cool, cut into 1/2-inch cubes.
- Add Cheese soup, chicken stock, and bacon pieces to a medium pan. Bring to a simmer, stirring occasionally over medium high heat.
- Add potato and continue to heat soup for 5 minutes.
- Ladle soup into bowls and garnish with a dollop of sour cream and a few chopped green onions.

## Nutrition Facts



## Properties

Glycemic Index:19.46, Glycemic Load:5.14, Inflammation Score:-4, Nutrition Score:4.746521708758%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 162.81kcal (8.14%), Fat: 7.77g (11.96%), Saturated Fat: 3.6g (22.48%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 15.6g (5.67%), Sugar: 2.42g (2.69%), Cholesterol: 17.59mg (5.86%), Sodium: 672.38mg (29.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Potassium: 691.29mg (19.75%), Vitamin K: 13.24µg (12.61%), Vitamin A: 515.76IU (10.32%), Vitamin B3: 1.76mg (8.79%), Vitamin B6: 0.14mg (7.04%), Phosphorus: 60.37mg (6.04%), Calcium: 55.23mg (5.52%), Fiber: 1.37g (5.49%), Copper: 0.09mg (4.69%), Vitamin C: 3.26mg (3.95%), Vitamin B2: 0.07mg (3.89%), Iron: 0.61mg (3.38%), Manganese: 0.07mg (3.33%), Magnesium: 11.55mg (2.89%), Folate: 9.53µg (2.38%), Vitamin B1: 0.03mg (2.32%), Vitamin B12: 0.12µg (2.06%), Zinc: 0.26mg (1.76%), Vitamin B5: 0.15mg (1.52%)