



# Chunky Bacon and Potato Soup

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**621 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 slices bacon cut into 1/2 inch pieces
- 28 ounce chicken broth canned
- 20 ounce fries diced
- 1 cup corn frozen thawed
- 1 small leek diced white
- 1 teaspoon parsley
- 2 cups milk whole

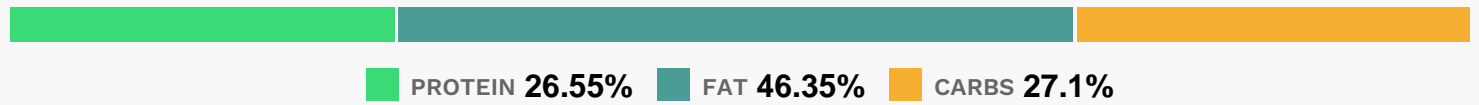
## Equipment

- sauce pan
- potato masher

## Directions

- In large saucepan over medium heat, cook bacon until crisp.
- Remove and set aside. In bacon drippings, saute leeks until softened, about 3 minutes.
- Add potatoes and chicken broth. Cover and bring to boil, reduce heat and simmer until potatoes are tender, about 15 minutes. Lightly mash with a potato masher.
- Add milk, corn, parsley and reserved bacon.
- Heat until hot, about 5 minutes. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:22.39, Glycemic Load:17.63, Inflammation Score:-6, Nutrition Score:18.150434784267%

## Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 621.16kcal (31.06%), Fat: 32.07g (49.34%), Saturated Fat: 10.29g (64.28%), Carbohydrates: 42.2g (14.07%), Net Carbohydrates: 36.9g (13.42%), Sugar: 4.49g (4.99%), Cholesterol: 83.17mg (27.72%), Sodium: 1208.86mg (52.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.33g (82.66%), Selenium: 28.94µg (41.35%), Phosphorus: 402.36mg (40.24%), Vitamin B3: 6.34mg (31.72%), Vitamin B12: 1.82µg (30.29%), Vitamin B6: 0.58mg (29.21%), Zinc: 4.29mg (28.63%), Potassium: 860.54mg (24.59%), Fiber: 5.29g (21.18%), Iron: 3.51mg (19.53%), Vitamin B2: 0.31mg (18.34%), Manganese: 0.34mg (16.77%), Magnesium: 66.25mg (16.56%), Calcium: 137.66mg (13.77%), Vitamin A: 618.69IU (12.37%), Vitamin B1: 0.18mg (12.21%), Vitamin C: 9.73mg (11.8%), Folate: 43.96µg (10.99%), Vitamin K: 10.49µg (9.99%), Vitamin B5: 0.98mg (9.76%), Vitamin D: 1.07µg (7.14%), Copper: 0.13mg (6.69%), Vitamin E: 0.65mg (4.33%)