



Chunky Potato Soup

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



1609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices bob evans hardwood bacon smoked cut into 1/2" pieces
- 141 oz chicken broth canned
- 20 oz bob evans seasoned home fries diced
- 1 cup regular corn frozen thawed
- 1 small leek diced white
- 1 tsp parsley flakes
- 2 cups milk whole

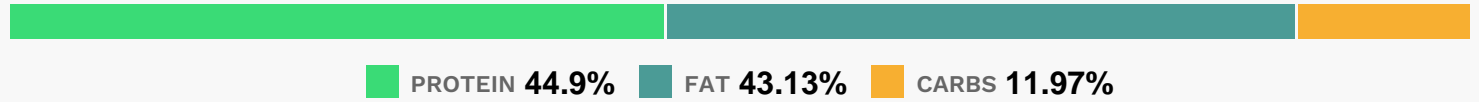
Equipment

- 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:-9, Nutrition Score:42.66826086459%

Flavonoids

Apigenin: 3.75mg, Apigenin: 3.75mg, Apigenin: 3.75mg, Apigenin: 3.75mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg 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: 1609.1kcal (80.46%), Fat: 75.32g (115.88%), Saturated Fat: 22.3g (139.37%), Carbohydrates: 47.04g (15.68%), Net Carbohydrates: 41.73g (15.17%), Sugar: 4.5g (5%), Cholesterol: 350.13mg (116.71%), Sodium: 3782.64mg (164.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 176.43g (352.86%), Selenium: 127.19µg (181.7%), Phosphorus: 1219.54mg (121.95%), Vitamin B12: 7.16µg (119.27%), Zinc: 17.65mg (117.64%), Vitamin B3: 19.16mg (95.82%), Vitamin B6: 1.6mg (79.97%), Iron: 10.47mg (58.17%), Vitamin B2: 0.85mg (49.84%), Potassium: 1679.22mg (47.98%), Magnesium: 167.96mg (41.99%), Vitamin A: 1565.02IU (31.3%), Vitamin K: 23.67µg (22.54%), Calcium: 213.17mg (21.32%), Fiber: 5.31g (21.25%), Copper: 0.4mg (20.06%), Manganese: 0.34mg (17.1%), Vitamin E: 2.36mg (15.76%), Folate: 54.76µg (13.69%), Vitamin B1: 0.18mg (12.21%), Vitamin C: 9.82mg (11.9%), Vitamin D: 1.6µg (10.7%), Vitamin B5: 0.98mg (9.77%)