



Corn-and-Bacon Soup

READY IN



57 min.

SERVINGS



15

CALORIES



119 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon
- ☐ 3 cups baking potatoes cubed peeled
- ☐ 10 oz canned tomatoes diced green canned
- ☐ 4 cups chicken broth
- ☐ 16 oz kernel corn whole frozen
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 15 servings salt to taste
- ☐ 4 oz sharp cheddar cheese shredded

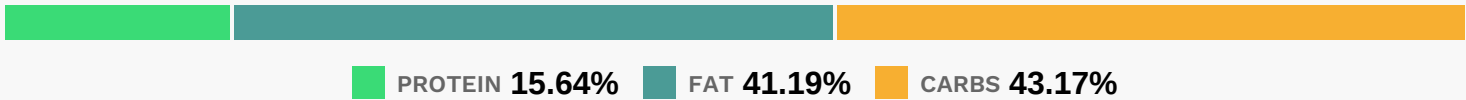
Equipment

- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium heat 5 minutes or until crisp.
- ☐ Remove bacon, and drain on paper towels, reserving drippings in Dutch oven. Crumble bacon.
- ☐ Saut onion, bell pepper, and garlic in hot drippings over medium-high heat 5 minutes or until tender.
- ☐ Add flour, and cook, stirring constantly, 1 minute.
- ☐ Stir in potatoes and next 4 ingredients, and bring to a boil. Reduce heat to low, and simmer, stirring often, 30 minutes or until potatoes are tender.
- ☐ Stir in tomatoes and green chiles and cheese; simmer 1 minute or until cheese is melted. Season with salt to taste.
- ☐ Serve with crumbled bacon.
- ☐ *3 cups frozen country-style hash browns may be substituted.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:5.5, Inflammation Score:-2, Nutrition Score:4.685217410326%

Flavonoids

Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 119.48kcal (5.97%), Fat: 5.56g (8.56%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 13.12g (4.37%), Net Carbohydrates: 12.15g (4.42%), Sugar: 1.77g (1.97%), Cholesterol: 12.69mg (4.23%), Sodium: 668.3mg (29.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.5%), Phosphorus: 85.06mg (8.51%), Vitamin B6: 0.17mg (8.42%), Manganese: 0.16mg (7.89%), Potassium: 262.22mg (7.49%), Calcium: 70.46mg (7.05%), Vitamin B2: 0.11mg (6.32%), Vitamin B3: 1.23mg (6.14%), Selenium: 4.23µg (6.04%), Vitamin B1: 0.09mg (5.87%), Vitamin C: 4.81mg (5.84%), Folate: 20.88µg (5.22%), Copper: 0.1mg (4.8%), Magnesium: 18.78mg (4.69%), Zinc: 0.64mg (4.28%), Iron: 0.73mg (4.04%), Fiber: 0.97g (3.88%), Vitamin A: 120.52IU (2.41%), Vitamin E: 0.35mg (2.33%), Vitamin B5: 0.23mg (2.31%), Vitamin B12: 0.12µg (2.03%), Vitamin K: 1.83µg (1.74%)