



Creamy Green Bean and Potato Soup

 **Gluten Free**

READY IN



60 min.

SERVINGS



6

CALORIES



334 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup bacon bits
- 1 tablespoon baking soda
- 0.3 cup butter melted
- 10.5 ounce cream of chicken soup canned
- 3 cups green beans fresh trimmed cut into 1-inch pieces
- 6 servings pepper black to taste
- 3 cups milk
- 0.5 cup onion diced

1.5 cups potatoes diced peeled

Equipment

frying pan

pot

Directions

Place the green beans into a pot with enough water to cover.

Add the baking soda to the water; bring the mixture to a boil, reduce heat to medium, and cook until the green beans are nearly tender, 7 to 10 minutes.

Drain the water from the green beans; set aside.

Place the potatoes into a large pot with enough salted water to cover; bring to a boil, reduce heat to medium, and continue cooking until almost tender, about 20 minutes.

Remove from heat, but do not drain the water from the pot.

Heat the butter in a large skillet over medium heat. Cook the onion and bacon bits in the melted butter until the onions are soft and translucent, 5 to 7 minutes; add to the large pot with the potatoes, along with the cream of chicken soup and milk; stir until smooth.

Add the green beans. Season with salt and pepper.

Place the large pot over low heat and cook the soup at a simmer until hot and the flavors have melded, about 30 minutes.

Nutrition Facts



PROTEIN 13.73% **FAT 54.25%** **CARBS 32.02%**

Properties

Glycemic Index:53.29, Glycemic Load:11.78, Inflammation Score:-7, Nutrition Score:13.970000142637%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 333.9kcal (16.69%), Fat: 20.58g (31.67%), Saturated Fat: 10.18g (63.59%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 23.1g (8.4%), Sugar: 8.91g (9.9%), Cholesterol: 45.72mg (15.24%), Sodium: 1262.57mg (54.89%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 11.72g (23.44%), Vitamin K: 28.15µg (26.81%), Phosphorus: 225mg (22.5%), Vitamin C: 18.34mg (22.23%), Calcium: 203.47mg (20.35%), Vitamin A: 984.45IU (19.69%), Fiber: 4.23g (16.93%), Potassium: 587.27mg (16.78%), Vitamin B6: 0.33mg (16.7%), Vitamin B2: 0.28mg (16.61%), Vitamin B1: 0.25mg (16.51%), Magnesium: 56.69mg (14.17%), Vitamin B12: 0.84µg (13.97%), Manganese: 0.27mg (13.38%), Copper: 0.24mg (11.84%), Folate: 47.16µg (11.79%), Vitamin E: 1.76mg (11.75%), Iron: 1.64mg (9.09%), Vitamin D: 1.34µg (8.95%), Vitamin B5: 0.86mg (8.61%), Zinc: 1.21mg (8.06%), Vitamin B3: 1.51mg (7.56%), Selenium: 4.92µg (7.03%)