



Creamy Potato Soup

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices bacon
- 1 carrots chopped
- 1 cup celery chopped
- 2 tablespoons flour all-purpose
- 1 teaspoon ground pepper black
- 4 cups milk
- 1 onion chopped
- 2 teaspoons paprika
- 3 potatoes peeled chopped

- 2 teaspoons salt
- 1 cup cup heavy whipping cream sour
- 8 servings water to cover

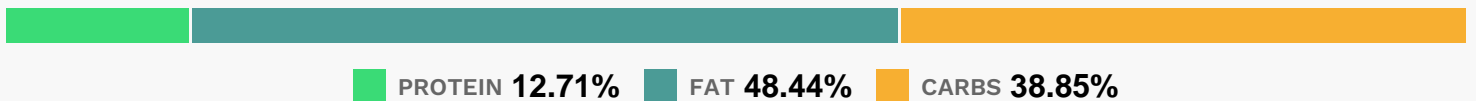
Equipment

- bowl
- sauce pan

Directions

- In a large saucepan cook bacon until crisp. Set bacon aside, along with 3 tablespoons of bacon drippings.
- Add potatoes, onion, carrot and celery to drippings.
- Add enough water to cover vegetables and cook over low heat until tender, stirring occasionally.
- Stir in milk, salt and pepper. Bring to a boil.
- In separate bowl, stir together sour cream, flour and paprika. Gradually stir 1 cup of hot soup mixture into sour cream mixture.
- Pour sour cream mixture into soup mixture. Cook until small bubbles break soups service. Top with chopped bacon pieces.

Nutrition Facts



Properties

Glycemic Index:43.7, Glycemic Load:14.04, Inflammation Score:-8, Nutrition Score:12.779565251392%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 256.76kcal (12.84%), Fat: 14.06g (21.64%), Saturated Fat: 6.69g (41.79%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 22.68g (8.25%), Sugar: 8.64g (9.6%), Cholesterol: 38.86mg (12.95%), Sodium: 742.42mg (32.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.61%), Vitamin A: 1960.85IU (39.22%), Phosphorus: 220.12mg (22.01%), Vitamin C: 17.86mg (21.65%), Calcium: 209.95mg (21%), Vitamin B6: 0.4mg (19.99%), Potassium: 671.14mg (19.18%), Vitamin B2: 0.28mg (16.61%), Vitamin B1: 0.2mg (13.27%), Vitamin B12: 0.77µg (12.9%), Manganese: 0.23mg (11.36%), Magnesium: 45mg (11.25%), Fiber: 2.69g (10.78%), Selenium: 6.64µg (9.49%), Vitamin B5: 0.94mg (9.42%), Vitamin D: 1.39µg (9.24%), Vitamin B3: 1.73mg (8.67%), Copper: 0.16mg (7.92%), Vitamin K: 7.89µg (7.52%), Zinc: 1.08mg (7.18%), Folate: 26.83µg (6.71%), Iron: 0.99mg (5.48%), Vitamin E: 0.46mg (3.08%)