



## Creamy Potato Soup

READY IN



45 min.

SERVINGS



8

CALORIES



241 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 1 lb baking potatoes peeled chopped ( 3)
- 0.8 cup knudsen cream sour
- 6 cups chicken broth fat-free reduced-sodium
- 0.5 cup flour
- 16 cloves garlic minced
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 2 Tbsp parmesan cheese grated kraft

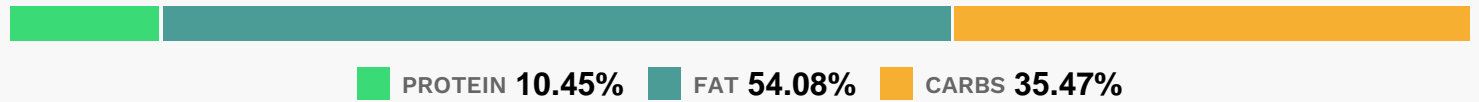
# Equipment

- sauce pan

# Directions

- Cook dressing and garlic in large saucepan on medium heat 5 min. or until heated through, stirring frequently.
- Add flour; cook and stir 3 min.
- Add potatoes and chicken broth; stir. Bring to boil; simmer on medium-low heat 20 min. or until potatoes are tender, stirring occasionally. Gradually add sour cream, mixing well after each addition. Cook 5 min., stirring frequently.
- Serve topped with bacon and cheese.

# Nutrition Facts



# Properties

Glycemic Index:23.72, Glycemic Load:12.93, Inflammation Score:-3, Nutrition Score:8.0534783018672%

# Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

# Nutrients (% of daily need)

Calories: 240.99kcal (12.05%), Fat: 14.62g (22.5%), Saturated Fat: 5.03g (31.44%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 20.5g (7.45%), Sugar: 3.01g (3.34%), Cholesterol: 24.7mg (8.23%), Sodium: 983.97mg (42.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Vitamin B6: 0.36mg (18.02%), Selenium: 12.32µg (17.6%), Vitamin B3: 2.74mg (13.72%), Manganese: 0.27mg (13.56%), Vitamin B1: 0.18mg (12.32%), Phosphorus: 117.81mg (11.78%), Potassium: 394.19mg (11.26%), Vitamin K: 9.72µg (9.25%), Vitamin B2: 0.15mg (9.03%), Vitamin B12: 0.49µg (8.09%), Iron: 1.32mg (7.32%), Copper: 0.13mg (6.7%), Vitamin C: 5.36mg (6.49%), Folate: 25.49µg (6.37%), Calcium: 61.78mg (6.18%), Vitamin B5: 0.61mg (6.13%), Magnesium: 23.27mg (5.82%), Zinc: 0.65mg (4.35%), Fiber: 1.07g (4.3%), Vitamin E: 0.5mg (3.31%), Vitamin A: 157.65IU (3.15%)