



 **18%**
HEALTH SCORE

Creamy Potato Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 medium baking potatoes cubed peeled
- 1 medium onion diced
- 1 clove garlic minced
- 3 tablespoons butter
- 32 ounces chicken broth
- 2 cups half and half
- 6 servings salt and pepper to taste
- 6 servings cheddar cheese shredded

- 6 servings bacon crumbled
- 6 servings spring onion sliced
- 6 servings cream sour

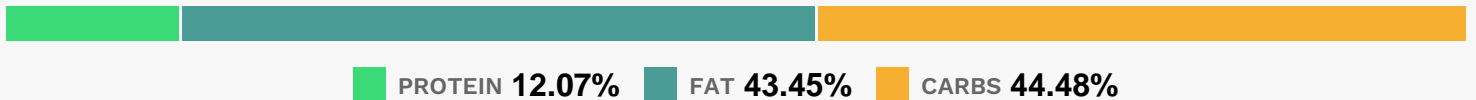
Equipment

- sauce pan
- blender

Directions

- In a large saucepan over medium-high heat, melt butter and add onions; saut in the butter until the onions are translucent; add the garlic and stir a couple of times, then immediately stir in the chicken broth.
- Add potatoes, (add water if needed to barely cover potatoes) bring to a boil and reduce to a medium boil and cook until potatoes are tender (about 20-25 minutes).
- Add the half and half and bring to a low boil and continue cooking for an additional 10 minutes, stirring occasionally. Season with salt and pepper to taste.
- For a smoother soup, you may blend with a stick blender or mash with the back of a spoon while stirring.

Nutrition Facts



Properties

Glycemic Index:41.79, Glycemic Load:61.26, Inflammation Score:-8, Nutrition Score:27.935652173913%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 749.37kcal (37.47%), Fat: 36.9g (56.78%), Saturated Fat: 19.31g (120.67%), Carbohydrates: 85g (28.33%), Net Carbohydrates: 78.99g (28.72%), Sugar: 8.06g (8.95%), Cholesterol: 97.91mg (32.64%), Sodium: 1217.59mg (52.94%), Protein: 23.07g (46.14%), Vitamin B6: 1.63mg (81.31%), Potassium: 2038.83mg (58.25%), Phosphorus:

505.16mg (50.52%), Manganese: 0.79mg (39.4%), Calcium: 384.3mg (38.43%), Vitamin C: 27.76mg (33.64%), Vitamin B2: 0.57mg (33.48%), Vitamin B1: 0.49mg (32.68%), Magnesium: 122.8mg (30.7%), Vitamin B3: 5.8mg (28.99%), Selenium: 18.52µg (26.45%), Copper: 0.5mg (25.19%), Fiber: 6.02g (24.06%), Iron: 4.1mg (22.75%), Vitamin K: 22.61µg (21.53%), Zinc: 3.12mg (20.82%), Folate: 76.63µg (19.16%), Vitamin B5: 1.85mg (18.53%), Vitamin A: 911.51IU (18.23%), Vitamin B12: 0.65µg (10.81%), Vitamin E: 0.87mg (5.8%), Vitamin D: 0.27µg (1.79%)