



Creamy Potato Soup

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups chicken broth
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups milk 1% low-fat ()
- ☐ 1 cup onion chopped
- ☐ 0.3 cup parsley chopped
- ☐ 1 pound thin-skinned potatoes scrubbed
- ☐ 4 servings salt and pepper
- ☐ 3 strips at least of turkey bacon thinly sliced ()

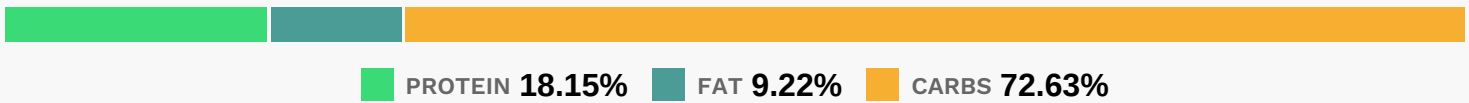
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ slotted spoon

Directions

- ☐ In a 5- to 6-quart pan, stir bacon over medium-high heat until lightly browned and crisp, about 10 minutes. Lift from pan with a slotted spoon and drain on paper towels.
- ☐ Add onion to pan drippings and stir often until limp, about 3 minutes.
- ☐ Meanwhile, cut potatoes into 1/2-inch cubes.
- ☐ Add potatoes and broth to pan. Cover and bring to a boil over high heat. Reduce heat to low and simmer until potatoes are tender when pierced, about 10 minutes, stirring occasionally.
- ☐ Blend flour and milk until smooth.
- ☐ Add to soup and stir over high heat until boiling, about 3 minutes.
- ☐ Stir in parsley and ladle soup into bowls.
- ☐ Sprinkle with bacon and season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:3.97, Inflammation Score:-7, Nutrition Score:14.566956431969%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 177.86kcal (8.89%), Fat: 1.86g (2.86%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 32.96g (10.99%), Net Carbohydrates: 30.08g (10.94%), Sugar: 9.56g (10.63%), Cholesterol: 8.98mg (2.99%), Sodium: 717.1mg (31.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Vitamin K: 65.14µg (62.03%), Potassium: 812.93mg (23.23%), Phosphorus: 218.71mg (21.87%), Vitamin C: 17.7mg (21.45%), Vitamin B2: 0.31mg (18.46%), Calcium: 180.13mg (18.01%), Vitamin B1: 0.25mg (16.67%), Vitamin B6: 0.32mg (15.99%), Manganese: 0.31mg (15.7%), Vitamin B12: 0.75µg (12.43%), Magnesium: 47.62mg (11.9%), Folate: 46.43µg (11.61%), Fiber: 2.88g (11.53%), Vitamin A: 558.27IU (11.17%), Vitamin B3: 2.15mg (10.74%), Copper: 0.2mg (10.07%), Vitamin D: 1.3µg (8.67%), Vitamin B5: 0.84mg (8.42%), Iron: 1.5mg (8.36%), Selenium: 5.82µg (8.31%), Zinc: 1.13mg (7.56%)