



Creamy Potato Soup with Bacon

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



309 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz bacon cut into 1-inch pieces
- 3 baking potatoes peeled cut into 1/2-inch pieces (2 lb. total)
- 0.1 teaspoon thyme leaves dried
- 2 tablespoons chives fresh minced
- 1 clove garlic chopped
- 3.5 cups chicken broth low-sodium
- 1 onion diced
- 6 servings salt and pepper

1 cup cup heavy whipping cream sour

Equipment

bowl

paper towels

ladle

pot

blender

Directions

In a large pot over medium-high heat, cook bacon, stirring occasionally, until crisp and browned, 6 to 8 minutes.

Transfer to paper towels to drain. When cool enough to handle, crumble.

Discard all but 2 Tbsp. fat and return pot to medium heat.

Add onion, garlic and thyme and saut until onion is soft, about 7 minutes.

Add potatoes and broth; bring to a boil. Reduce heat to low; simmer until potatoes are tender, 12 to 15 minutes. Working in batches, process in blender with sour cream until smooth. Season with salt and pepper.

Ladle soup into bowls and top with chives and bacon.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:15.57, Inflammation Score:-4, Nutrition Score:9.4069564394329%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 308.71kcal (15.44%), Fat: 19.63g (30.2%), Saturated Fat: 7.93g (49.53%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 23.23g (8.45%), Sugar: 2.95g (3.28%), Cholesterol: 41.33mg (13.78%), Sodium: 440.83mg (19.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.81g (19.63%), Vitamin B6: 0.5mg (25.1%), Vitamin B3: 4.2mg (20.98%), Potassium: 698.49mg (19.96%), Phosphorus: 176.54mg (17.65%), Vitamin B1: 0.18mg (12.24%), Selenium: 7.72µg (11.02%), Manganese: 0.21mg (10.62%), Copper: 0.21mg (10.46%), Vitamin C: 8.52mg (10.33%), Vitamin B2: 0.17mg (10.03%), Magnesium: 35.54mg (8.88%), Iron: 1.44mg (7.99%), Fiber: 1.74g (6.96%), Calcium: 66.04mg (6.6%), Zinc: 0.95mg (6.35%), Vitamin B5: 0.64mg (6.35%), Vitamin B12: 0.36µg (6%), Vitamin A: 295.1IU (5.9%), Folate: 21.82µg (5.45%), Vitamin K: 5.06µg (4.82%), Vitamin E: 0.29mg (1.91%)