



Creamy Slow Cooker Potato Cheese Soup

READY IN



330 min.

SERVINGS



18

CALORIES



183 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 cup butter
- ☐ 2 large carrots diced
- ☐ 4 stalks celery diced
- ☐ 2 tablespoons chicken soup base
- ☐ 6 slices bacon crumbled crisp cooked
- ☐ 1 tablespoon garlic dried minced
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup milk

- ☐ 5 pounds russet potatoes cubed peeled
- ☐ 18 servings salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup warm water
- ☐ 2 cups water
- ☐ 0.5 onion white chopped

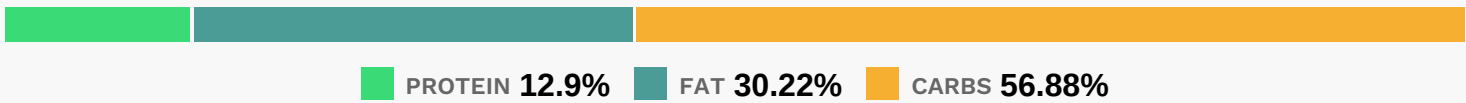
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ slow cooker

Directions

- ☐ Melt butter in a large saucepan over medium heat. Cook onion in butter until translucent. Stir in flour until smooth, then gradually stir in 2 cups water, carrots, celery, garlic, salt, and pepper.
- ☐ Heat through, then stir in milk. Dissolve chicken base in 1 cup warm water, and pour into vegetable mixture.
- ☐ Place potatoes in slow cooker, and pour heated vegetable mixture into potatoes.
- ☐ Place bay leaf in pot.
- ☐ Cover, and cook 5 hours on High, or 8 hours on Low.
- ☐ Remove bay leaf. Puree about 4 cups of the soup in a blender or food processor, and then stir pureed soup into contents of slow cooker. Stir in cheese and bacon until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:19.52, Inflammation Score:-8, Nutrition Score:9.2613043992416%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 183.41kcal (9.17%), Fat: 6.3g (9.69%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 24.52g (8.92%), Sugar: 2.2g (2.44%), Cholesterol: 17.4mg (5.8%), Sodium: 459.04mg (19.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Vitamin A: 1542.7IU (30.85%), Vitamin B6: 0.49mg (24.59%), Potassium: 626.76mg (17.91%), Phosphorus: 133.31mg (13.33%), Manganese: 0.24mg (12.1%), Vitamin B1: 0.15mg (10.17%), Vitamin C: 8.17mg (9.9%), Magnesium: 36.88mg (9.22%), Vitamin B3: 1.83mg (9.17%), Calcium: 88.39mg (8.84%), Fiber: 2.14g (8.58%), Copper: 0.15mg (7.7%), Iron: 1.28mg (7.13%), Folate: 27.93µg (6.98%), Vitamin B2: 0.12mg (6.9%), Selenium: 4.83µg (6.9%), Vitamin K: 6.36µg (6.06%), Vitamin B5: 0.55mg (5.51%), Zinc: 0.8mg (5.35%), Vitamin B12: 0.18µg (2.93%), Vitamin E: 0.23mg (1.57%), Vitamin D: 0.2µg (1.32%)