



## Creamy Slow Cooker Potato Soup

READY IN



290 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 1 cup chicken stock see
- ☐ 8 ounce cream cheese
- ☐ 1 teaspoon parsley dried
- ☐ 2 teaspoons flour all-purpose
- ☐ 1 pinch ground pepper black
- ☐ 1 cup ham chopped
- ☐ 1.5 cups milk
- ☐ 0.5 cup onion chopped

- ☐ 3 cups potatoes cubed peeled
- ☐ 0.5 teaspoon salt

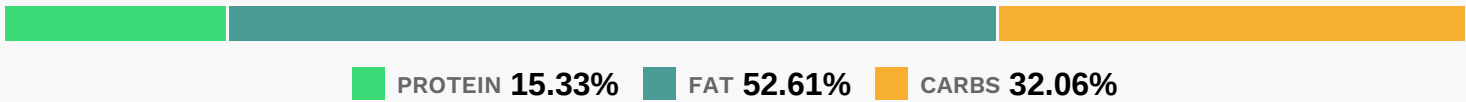
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

## Directions

- ☐ Place potatoes, celery, onion, chicken stock, and parsley into a slow cooker. Season with salt and black pepper. Set cooker on High, cover, and simmer until vegetables are tender, about 2 hours.
- ☐ Whisk flour with milk in a bowl until smooth.
- ☐ Pour into slow cooker and stir until thickened. Cook on High for 2 more hours.
- ☐ Mash potatoes in the slow cooker to your desired thickness and consistency; stir in cream cheese and cooked ham. Simmer soup until cream cheese has melted, soup is thick and creamy, and ham is heated through, 30 minutes to 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:78.69, Glycemic Load:23.63, Inflammation Score:-7, Nutrition Score:18.72739163689%

## Flavonoids

Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

## Nutrients (% of daily need)

Calories: 494.81kcal (24.74%), Fat: 29.22g (44.95%), Saturated Fat: 15.5g (96.86%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 36.02g (13.1%), Sugar: 9.73g (10.81%), Cholesterol: 91.75mg (30.58%), Sodium:

1025.23mg (44.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.15g (38.3%), Vitamin C: 33.05mg (40.06%), Vitamin B6: 0.76mg (37.79%), Phosphorus: 344.02mg (34.4%), Potassium: 1102.43mg (31.5%), Vitamin B1: 0.44mg (29.43%), Vitamin B2: 0.45mg (26.68%), Selenium: 16.85µg (24.07%), Vitamin B3: 4.44mg (22.21%), Calcium: 201.07mg (20.11%), Vitamin A: 972.36IU (19.45%), Magnesium: 65.12mg (16.28%), Fiber: 4.05g (16.19%), Manganese: 0.31mg (15.39%), Vitamin B12: 0.84µg (14.05%), Zinc: 2.07mg (13.81%), Vitamin B5: 1.35mg (13.51%), Copper: 0.26mg (12.85%), Folate: 44.58µg (11.14%), Iron: 1.85mg (10.25%), Vitamin D: 1.25µg (8.34%), Vitamin K: 8.74µg (8.32%), Vitamin E: 0.73mg (4.9%)