



Easiest-Ever Loaded Potato Soup

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups milk
- 0.5 teaspoon salt
- 0.5 teaspoon pepper freshly ground
- 24 oz potatoes refrigerated country-style mashed
- 4 oz sharp cheddar cheese shredded
- 0.3 cup bacon crumbled cooked
- 1 serving spring onion sliced

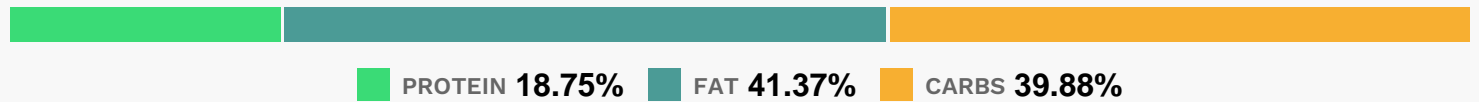
Equipment

- sauce pan
- whisk
- wooden spoon

Directions

- In 3-quart saucepan, mix milk, salt, pepper and potatoes, breaking up potatoes with whisk or wooden spoon.
- Heat to boiling over high heat; reduce heat. Simmer uncovered 4 minutes, stirring frequently with whisk, until thoroughly heated.
- Remove from heat; stir in 2/3 cup of the cheese.
- Top individual servings with remaining 1/3 cup cheese and the bacon; garnish with onions.

Nutrition Facts



Properties

Glycemic Index:35.46, Glycemic Load:16.83, Inflammation Score:-5, Nutrition Score:12.790434728498%

Flavonoids

Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 260.4kcal (13.02%), Fat: 12.09g (18.6%), Saturated Fat: 6.5g (40.59%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 23.67g (8.61%), Sugar: 6.84g (7.6%), Cholesterol: 38.2mg (12.73%), Sodium: 449.85mg (19.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.66%), Calcium: 299.38mg (29.94%), Phosphorus: 293.32mg (29.33%), Vitamin C: 22.53mg (27.31%), Vitamin B6: 0.45mg (22.41%), Potassium: 703.47mg (20.1%), Vitamin B2: 0.3mg (17.65%), Vitamin B12: 0.91µg (15.17%), Selenium: 10.41µg (14.87%), Vitamin B1: 0.19mg (12.77%), Magnesium: 47.77mg (11.94%), Zinc: 1.67mg (11.15%), Fiber: 2.56g (10.25%), Manganese: 0.2mg (10.23%), Vitamin D: 1.47µg (9.83%), Vitamin B5: 0.92mg (9.24%), Vitamin B3: 1.83mg (9.17%), Vitamin A: 401.91IU (8.04%), Copper: 0.14mg (6.9%), Folate: 22.78µg (5.7%), Iron: 0.99mg (5.51%), Vitamin K: 5.32µg (5.06%), Vitamin E: 0.24mg (1.61%)