






 **20%**
HEALTH SCORE

Best Potato Cheese Soup in a bread bowl

 **Gluten Free**

READY IN

45 min.

SERVINGS

8

CALORIES

750 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 Tbs olive oil
- 1 large onion diced sweet
- 4 cloves garlic minced
- 1 quart chicken stock see (if boxed, use one large box)
- 1 quart water
- 2 tsp salt
- 5 large baking potatoes red cut into 1 ½ inch cubes(if russets or baking potatoes, peel. if or yukon gold - no need to peel).
- 3 large carrots peeled cut into ½ inch pieces

- 0.3 Gallon milk whole
- 0.5 pint cup heavy whipping cream
- 0.5 stick butter
- 0.5 weight cream cheese cubed
- 2 cups sharp cheddar cheese shredded
- 8 servings salt and pepper to taste
- 8 servings bacon shredded sour
- 1 C frangelico grated
- 1 C frangelico grated

Equipment

- food processor
- bowl
- pot
- blender
- wooden spoon
- slotted spoon

Directions

- In a large heavy stock pot, heat 2 tbs of olive oil. When hot, add onions and cook over medium heat until translucent 2-3 mins.
- Add garlic and cook for another 1 minute.
- Add Chicken stock, water and salt to pot.
- Add potatoes and carrots to stock pot and bring to a boil. Boil until potatoes are fork tender.
- Turn burner off and allow to cool until able to remove about of the potatoes with a slotted spoon to a food processor or blender. Process until potatoes turn into a paste and then add back to the stock pot.
- Place stock pot back on the burner and on medium heat, add milk, cream, butter and Velveeta cheese and heat until butter and Velveeta is melted. Do not bring to a boil adjust heat to low as temperature nears boiling. Stir frequently with wooden spoon and scrape bottom of stock

pot frequently to prevent sticking.

- Add sharp cheddar one handful at a time, stirring each time.
- Add parmesan.
- Add salt and pepper to taste (will vary greatly depending on types of cheese you use so add a little, taste, repeat).
- Serve in bread bowl, soup bowl or mug.
- Garnish with bacon crumbles, chives, sour cream and shredded cheese.

Nutrition Facts

PROTEIN 13.8% **FAT 53.42%** **CARBS 32.78%**

Properties

Glycemic Index:34.57, Glycemic Load:36.76, Inflammation Score:-10, Nutrition Score:29.699130434783%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 749.92kcal (37.5%), Fat: 45.14g (69.44%), Saturated Fat: 22.74g (142.12%), Carbohydrates: 62.32g (20.77%), Net Carbohydrates: 58.16g (21.15%), Sugar: 15.99g (17.77%), Cholesterol: 115.54mg (38.51%), Sodium: 1526.92mg (66.39%), Protein: 26.24g (52.49%), Vitamin A: 5682.45IU (113.65%), Phosphorus: 594.79mg (59.48%), Vitamin B6: 1.17mg (58.47%), Calcium: 523.12mg (52.31%), Potassium: 1598.72mg (45.68%), Vitamin B2: 0.66mg (38.69%), Selenium: 21.04µg (30.05%), Vitamin B1: 0.44mg (29.16%), Vitamin B3: 5.71mg (28.53%), Magnesium: 100.83mg (25.21%), Vitamin B12: 1.45µg (24.24%), Manganese: 0.47mg (23.67%), Zinc: 3.22mg (21.44%), Vitamin C: 17.61mg (21.34%), Copper: 0.39mg (19.46%), Vitamin B5: 1.85mg (18.46%), Fiber: 4.16g (16.63%), Vitamin D: 2.47µg (16.44%), Folate: 65.16µg (16.29%), Iron: 2.67mg (14.81%), Vitamin K: 12.83µg (12.22%), Vitamin E: 1.57mg (10.5%)