



## Fully Loaded Baked Potato Soup

 Popular

READY IN



75 min.

SERVINGS



4

CALORIES



977 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 cups percent milk low-fat
- 12 slices applewood bacon smoked thick-cut
- 4 large baking potatoes (Idaho or russet)
- 0.5 cup flour all-purpose
- 3 tablespoons chives fresh finely chopped
- 4 servings kosher salt and pepper black freshly ground
- 5 ounces sharp cheddar grated
- 4 ounces cup heavy whipping cream sour

## Equipment

- bowl
- ladle
- oven
- knife
- whisk
- pot
- wooden spoon
- slotted spoon

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Place the potatoes on a roasting tray and bake for 45 minutes. When done, the tip of a paring knife should go through the potatoes easily.
- Slice the bacon into lardons (thin strips) and cook in a large, heavy-bottomed pot over medium heat until crisp.
- Remove the bacon from the pot with a slotted spoon and set aside, leaving the drippings in the pot.
- Add the flour to the drippings in the pot and stir to combine. Cook, without adding color, until the flour and fat has combined, about 1 minute.
- Pour in the milk while you whisk to incorporate. Cook over medium heat until bubbly and thickened, stirring frequently, about 15 minutes.
- Scoop out the potato pulp from the skins and add to the milk mixture. Mash with the back of a wooden spoon leaving it a little bit chunky.
- Add the cooked bacon (leaving a little out for garnishing the soup), 1 cup of the cheese, and season well with salt and pepper. Stir until the cheese has melted.
- Remove from the heat.
- Ladle the soup into bowls, drizzle with sour cream (from a squeeze bottle), sprinkle with remaining bacon bits, grated cheese and chives.

# Nutrition Facts

PROTEIN 15.79% FAT 43.51% CARBS 40.7%

## Properties

Glycemic Index:65.94, Glycemic Load:61.34, Inflammation Score:-9, Nutrition Score:39.242609024048%

## Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 977.47kcal (48.87%), Fat: 47.57g (73.19%), Saturated Fat: 20.58g (128.61%), Carbohydrates: 100.16g (33.39%), Net Carbohydrates: 94.86g (34.49%), Sugar: 21.01g (23.35%), Cholesterol: 113.42mg (37.81%), Sodium: 834.38mg (36.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.84g (77.68%), Phosphorus: 864.79mg (86.48%), Vitamin B6: 1.71mg (85.37%), Calcium: 781.34mg (78.13%), Potassium: 2319.7mg (66.28%), Vitamin B2: 0.95mg (56.16%), Vitamin B1: 0.83mg (55.13%), Selenium: 38.58µg (55.11%), Vitamin B12: 2.92µg (48.74%), Vitamin B3: 7.86mg (39.28%), Magnesium: 152.23mg (38.06%), Manganese: 0.73mg (36.58%), Zinc: 4.89mg (32.59%), Vitamin B5: 3.07mg (30.74%), Vitamin D: 4.37µg (29.14%), Vitamin C: 22.6mg (27.39%), Vitamin A: 1352.13IU (27.04%), Folate: 98.86µg (24.71%), Iron: 4.29mg (23.84%), Copper: 0.46mg (22.77%), Fiber: 5.3g (21.2%), Vitamin K: 13.27µg (12.64%), Vitamin E: 0.78mg (5.2%)