



WHATSheATE



Fully-Loaded Cheesy Potato Soup with Gina's Spinach Salad

READY IN



50 min.

SERVINGS



6

CALORIES



851 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ancho chile powder
- ☐ 10 ounce prewashed baby spinach
- ☐ 4 slices bacon crisp cut into 1/4-inch pieces, fried
- ☐ 3 tablespoons balsamic vinegar
- ☐ 4 ounces cheese blue crumbled
- ☐ 1 carrots finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 8 ounces cheddar extra-sharp grated

- ☐ 1 cup cherry tomatoes halved
- ☐ 3 cups chicken stock see plus more if needed
- ☐ 4 slices bacon crisp cooked for topping
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons chives fresh chopped for topping
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 Dash hot sauce
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 12 ounce light-bodied beer
- ☐ 3 tablespoons olive oil
- ☐ 1 onion finely chopped
- ☐ 1 cup pecan halves
- ☐ 6 servings freshly cracked pepper black
- ☐ 2 large russet potatoes peeled chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 small shallots minced
- ☐ 0.5 teaspoon paprika smoked
- ☐ 6 servings cup heavy whipping cream sour for topping
- ☐ 1 pinch sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 4 tablespoons butter unsalted
- ☐ 1 cup milk whole
- ☐ 1 Dash worcestershire sauce

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ immersion blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt the butter in a large saucepan over medium heat.
- ☐ Add the garlic, carrots, celery and onions, and cook until the vegetables begin to soften, about 4 minutes.
- ☐ Sprinkle the flour into the saucepan to toast the flour, stirring constantly, about 2 minutes.
- ☐ Sprinkle with salt and pepper. Gradually whisk in the stock, and then the milk and beer. Stir in the potatoes and bring the soup to a boil. Reduce the heat and simmer the soup until the potatoes are tender, 20 to 30 minutes.
- ☐ Remove the saucepan from the heat and, using an immersion blender, puree the soup until smooth. Return the soup to low heat.
- ☐ Add 1 cup of the Cheddar, a handful at a time, stirring until melted and smooth after each addition.
- ☐ Add additional chicken stock if necessary to adjust the consistency.
- ☐ Sprinkle with hot sauce, Worcestershire, salt and pepper. Divide the soup among bowls and top with the remaining Cheddar, sour cream, bacon and chives.
- ☐ Serve with Gina's Spinach Salad with Spiced Pecans.
- ☐ For the pecans: Melt the butter in a large skillet over medium-low heat. Stir in all the spices and the pecans. Stir and toast the pecans for about 5 minutes.
- ☐ Transfer them to a plate to cool.
- ☐ Whisk together the balsamic vinegar, Dijon mustard and shallots in a small bowl.
- ☐ Drizzle in the olive oil in a continuous stream, whisking to emulsify. Season with a pinch of sugar, salt and pepper.
- ☐ Add the spinach to a large serving bowl. Toss the greens with the prepared dressing, the bacon, blue cheese, cherry tomatoes and spiced pecans.

Nutrition Facts

PROTEIN 13.28% FAT 64.99% CARBS 21.73%

Properties

Glycemic Index:123.45, Glycemic Load:23.57, Inflammation Score:-10, Nutrition Score:38.57304359519%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 3.28mg, Kaempferol: 3.28mg, Kaempferol: 3.28mg, Kaempferol: 3.28mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 851.19kcal (42.56%), Fat: 61.88g (95.19%), Saturated Fat: 25.02g (156.4%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 40.81g (14.84%), Sugar: 9.94g (11.05%), Cholesterol: 112.59mg (37.53%), Sodium: 1516.12mg (65.92%), Alcohol: 1.76g (100%), Alcohol %: 0.37% (100%), Protein: 28.46g (56.92%), Vitamin K: 245.21µg (233.53%), Vitamin A: 7544.92IU (150.9%), Manganese: 1.57mg (78.61%), Phosphorus: 551.1mg (55.11%), Calcium: 539.8mg (53.98%), Vitamin B6: 0.9mg (45.14%), Folate: 161.23µg (40.31%), Selenium: 27.79µg (39.7%), Potassium: 1380.8mg (39.45%), Vitamin B2: 0.66mg (38.96%), Vitamin C: 29.93mg (36.27%), Magnesium: 129.8mg (32.45%), Vitamin B1: 0.48mg (32.11%), Vitamin B3: 6.03mg (30.14%), Zinc: 4.19mg (27.96%), Copper: 0.55mg (27.6%), Iron: 4.2mg (23.34%), Vitamin E: 3.48mg (23.19%), Fiber: 5.73g (22.93%), Vitamin B12: 1.04µg (17.38%), Vitamin B5: 1.55mg (15.49%), Vitamin D: 1.06µg (7.06%)