



German Potato Bacon Soup

READY IN



50 min.

SERVINGS



8

CALORIES



231 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon diced
- ☐ 1 bay leaf
- ☐ 0.3 cup butter
- ☐ 1 teaspoon caraway seed
- ☐ 2 quarts chicken broth
- ☐ 1 teaspoon marjoram dried
- ☐ 2 tablespoons flour
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 4 russet potatoes diced

- ☐ 3 ounces cup heavy whipping cream sour
- ☐ 2 small onions diced yellow

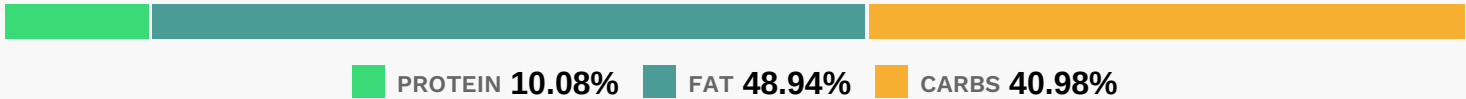
Equipment

- ☐ pot

Directions

- ☐ Melt butter in a stockpot over medium heat; add onions, bacon, and bay leaf. Cook and stir the onion mixture until the onions are nearly clear, 5 to 7 minutes.
- ☐ Pour chicken broth into the pot; add potatoes, flour, marjoram, caraway seed, salt, and pepper. Bring the mixture to a boil, reduce heat to medium-low, and simmer until the potatoes are tender, about 20 minutes.
- ☐ Stir sour cream into the soup; cook another 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:33.59, Glycemic Load:16.55, Inflammation Score:-4, Nutrition Score:7.8413043138774%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 231.09kcal (11.55%), Fat: 12.84g (19.76%), Saturated Fat: 6.25g (39.09%), Carbohydrates: 24.19g (8.06%), Net Carbohydrates: 22.33g (8.12%), Sugar: 2.79g (3.1%), Cholesterol: 33.52mg (11.17%), Sodium: 1005.61mg (43.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.9%), Vitamin B6: 0.42mg (21.23%), Manganese: 0.33mg (16.57%), Potassium: 555.98mg (15.89%), Vitamin B1: 0.19mg (12.92%), Vitamin B2: 0.22mg (12.89%), Vitamin B3: 2.22mg (11.09%), Phosphorus: 102.39mg (10.24%), Vitamin C: 7.53mg (9.12%), Copper: 0.17mg (8.25%), Magnesium: 32.42mg (8.11%), Fiber: 1.86g (7.45%), Iron: 1.33mg (7.36%), Selenium: 4.81µg (6.87%), Folate: 22.62µg (5.65%), Vitamin A: 256.96IU (5.14%), Vitamin B5: 0.48mg (4.78%), Zinc: 0.7mg (4.7%), Calcium: 43.12mg (4.31%), Vitamin K: 2.89µg (2.75%), Vitamin E: 0.37mg (2.46%), Vitamin B12: 0.14µg (2.28%)