



## Hearty Potato, Bacon and Onion Soup

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 slices bacon diced
- 2 egg yolk
- 2 tablespoons flour all-purpose
- 1 tablespoon parsley fresh chopped
- 2 tablespoons butter
- 3 onion chopped
- 4 potatoes cubed
- 1.3 cups cream sour
- 1 cube vegetable stock

4.3 cups water

## Equipment

bowl

sauce pan

stove

## Directions

In a large saucepan over medium high heat, saute the bacon for about 7 minutes, or until lightly browned. Reduce heat to medium, add the butter or margarine and onions and saute for about 5 minutes, or until onions are tender.

Add the flour and stir well for one minute.

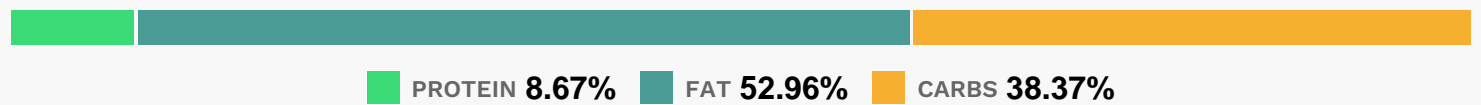
Remove saucepan from heat and gradually add the water, stirring well. Return to stovetop, raising heat to high.

Add the bouillon and potatoes, bring to a boil and then reduce heat to low. Simmer uncovered for about 10 minutes, or until potatoes are tender.

In a small bowl, combine the egg yolks and the sour cream and mix together. Gradually add this mixture to the soup, stirring well.

Heat through, but do not boil. Stir in the parsley just before serving.

## Nutrition Facts



## Properties

Glycemic Index:43.79, Glycemic Load:20.68, Inflammation Score:-7, Nutrition Score:13.215652248134%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg, Quercetin: 12.16mg

## Nutrients (% of daily need)

Calories: 355.92kcal (17.8%), Fat: 21.3g (32.76%), Saturated Fat: 8.53g (53.31%), Carbohydrates: 34.71g (11.57%), Net Carbohydrates: 30.56g (11.11%), Sugar: 5.23g (5.81%), Cholesterol: 104.64mg (34.88%), Sodium: 180.01mg (7.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.69%), Vitamin C: 33.4mg (40.48%), Vitamin B6: 0.57mg (28.4%), Potassium: 785.92mg (22.45%), Phosphorus: 184.41mg (18.44%), Fiber: 4.15g (16.59%), Manganese: 0.32mg (15.84%), Vitamin B1: 0.22mg (14.72%), Vitamin K: 14.67µg (13.97%), Selenium: 9.75µg (13.93%), Vitamin A: 637.75IU (12.76%), Folate: 50.63µg (12.66%), Vitamin B2: 0.2mg (12.03%), Magnesium: 48.03mg (12.01%), Vitamin B3: 2.36mg (11.78%), Copper: 0.23mg (11.31%), Calcium: 97.51mg (9.75%), Vitamin B5: 0.94mg (9.38%), Iron: 1.64mg (9.11%), Zinc: 1.03mg (6.84%), Vitamin B12: 0.3µg (5.04%), Vitamin E: 0.59mg (3.92%), Vitamin D: 0.38µg (2.55%)