



Hearty Ranch and Bacon Potato Soup

READY IN



70 min.

SERVINGS



8

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon smoked
- 1 stalk celery diced
- 32 ounce carton chicken broth low-sodium
- 4 teaspoons flour all-purpose
- 0.3 cup green onion chopped
- 2 cups half-and-half cream
- 1 onion diced
- 10 potatoes cubed peeled
- 1 ounce ranch dressing mix

- 8 servings salt and pepper to taste
- 2 cups cheddar cheese shredded
- 1 cup cup heavy whipping cream sour

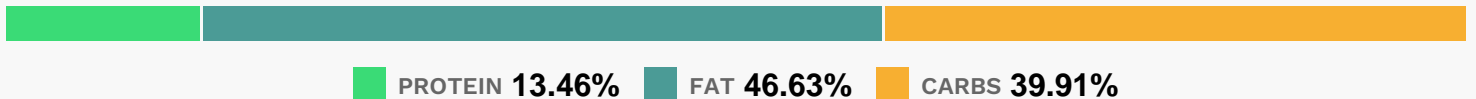
Equipment

- bowl
- paper towels
- whisk
- dutch oven

Directions

- Place the bacon in a large Dutch oven and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain the bacon slices on a paper towel-lined plate, crumble and reserve for topping.
- Cook and stir the onions and celery in the bacon drippings until tender, 5 to 10 minutes.
- Add chicken broth and potatoes, and bring to a boil over high heat. Reduce heat to medium-low and simmer until potatoes are fork-tender.
- Remove from heat and mash about 1/3 of the potatoes.
- In a large bowl, combine flour and dry ranch mix.
- Whisk in the half-and-half and sour cream, beating well to combine thoroughly. Slowly whisk the sour cream mixture into the soup. Gently heat soup over medium heat to warm, do not boil. Season the soup with salt and pepper. To serve, top each bowl of soup with a sprinkle of bacon crumbles, Cheddar cheese and green onion.

Nutrition Facts



Properties

Glycemic Index:34.59, Glycemic Load:35.14, Inflammation Score:-7, Nutrition Score:22.510869684427%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg, Quercetin: 5.01mg

Nutrients (% of daily need)

Calories: 564.09kcal (28.2%), Fat: 29.65g (45.61%), Saturated Fat: 15.06g (94.11%), Carbohydrates: 57.1g (19.03%), Net Carbohydrates: 50.82g (18.48%), Sugar: 6.52g (7.25%), Cholesterol: 77.28mg (25.76%), Sodium: 854.43mg (37.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.5%), Vitamin C: 55.01mg (66.68%), Vitamin B6: 0.92mg (46.24%), Phosphorus: 425.68mg (42.57%), Potassium: 1431.46mg (40.9%), Calcium: 338.49mg (33.85%), Vitamin B3: 5.24mg (26.19%), Vitamin B2: 0.44mg (25.7%), Fiber: 6.28g (25.12%), Manganese: 0.45mg (22.55%), Selenium: 15.56µg (22.22%), Magnesium: 83.68mg (20.92%), Vitamin B1: 0.31mg (20.51%), Copper: 0.38mg (19.18%), Zinc: 2.5mg (16.65%), Folate: 60.31µg (15.08%), Vitamin A: 741.66IU (14.83%), Iron: 2.61mg (14.51%), Vitamin K: 14.95µg (14.23%), Vitamin B5: 1.3mg (13.04%), Vitamin B12: 0.67µg (11.18%), Vitamin E: 0.6mg (4.03%), Vitamin D: 0.24µg (1.57%)