






 **11%**  
HEALTH SCORE

# How to Make The Ultimate Slow Cooker Potato Soup

READY IN  
  
**255 min.**

SERVINGS  
  
**6**

CALORIES  
  
**538 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 servings bacon
- 6 medium baking potatoes cubed
- 1 tbsp pepper black
- 6 servings cheese
- 8 slices bacon crumbled cooked
- 3 tbsp flour
- 6 servings spring onion
- 1 cup half and half

- 1 medium onion diced
- 6 servings cream sour
- 2 cups vegetable stock

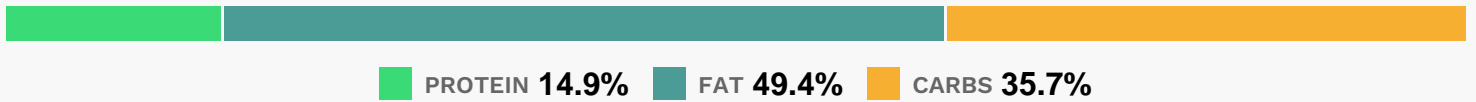
## Equipment

- bowl
- potato masher
- slow cooker

## Directions

- Coat the cubed potatoes with flour and place in the slow cooker.
- Add diced onion, bacon, and sprinkle pepper over the potatoes.
- Pour chicken or vegetable stock over the potatoes and cook on high for 3 and 1/2 hours. Use a potato masher to slightly mash the cooked potatoes and add half and half. Cook an additional 30 minutes. Scoop soup into bowls and add toppings of your choice.

## Nutrition Facts



## Properties

Glycemic Index:53.79, Glycemic Load:33.58, Inflammation Score:-7, Nutrition Score:19.497391304348%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

## Taste

Sweetness: 19.67%, Saltiness: 100%, Sourness: 9.73%, Bitterness: 12.66%, Savoriness: 33.62%, Fattiness: 81.24%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 538.26kcal (26.91%), Fat: 29.91g (46.02%), Saturated Fat: 14.1g (88.11%), Carbohydrates: 48.63g (16.21%), Net Carbohydrates: 45.04g (16.38%), Sugar: 5.09g (5.66%), Cholesterol: 76.28mg (25.43%), Sodium: 875.31mg

(38.06%), Protein: 20.3g (40.6%), Vitamin B6: 0.93mg (46.32%), Phosphorus: 388.22mg (38.82%), Potassium: 1136.97mg (32.48%), Selenium: 22.35µg (31.94%), Calcium: 310.87mg (31.09%), Manganese: 0.53mg (26.51%), Vitamin B1: 0.36mg (24.04%), Vitamin B3: 4.57mg (22.83%), Vitamin B2: 0.37mg (21.98%), Vitamin K: 19.4µg (18.48%), Magnesium: 73.84mg (18.46%), Vitamin C: 15.1mg (18.3%), Zinc: 2.59mg (17.3%), Vitamin A: 764.86IU (15.3%), Fiber: 3.59g (14.36%), Copper: 0.29mg (14.32%), Iron: 2.5mg (13.88%), Folate: 52.41µg (13.1%), Vitamin B5: 1.22mg (12.21%), Vitamin B12: 0.65µg (10.77%), Vitamin E: 0.58mg (3.88%), Vitamin D: 0.31µg (2.07%)