



Irish Potato Soup

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bacon
- 1 cup celery chopped
- 24 fluid ounce evaporated milk canned
- 1 onion chopped
- 6 potatoes cubed scrubbed
- 8 servings salt and pepper to taste

Equipment

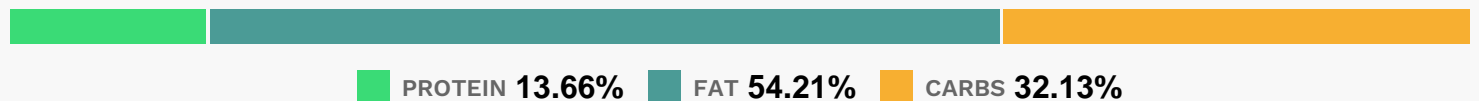
- frying pan

paper towels

Directions

- Place the bacon in a large, deep skillet, 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 set aside.
- Cook and stir onion and celery in the remaining bacon grease over medium heat until the onion is translucent and tender.
- Drain excess grease, then stir in potatoes.
- Add water to cover all but 1 inch of the potatoes. Bring to a boil over medium-high heat, then reduce to medium-low, and simmer until potatoes are tender, about 15 minutes, stirring often. Stir in the evaporated milk, and continue cooking until warmed through. Season with salt and pepper. Stir in bacon just before serving.

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:20.77, Inflammation Score:-6, Nutrition Score:16.751739190972%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 486.47kcal (24.32%), Fat: 29.39g (45.21%), Saturated Fat: 11.66g (72.9%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 35.25g (12.82%), Sugar: 10.9g (12.12%), Cholesterol: 63.15mg (21.05%), Sodium: 683.41mg (29.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.66g (33.32%), Vitamin C: 34.57mg (41.9%), Phosphorus: 359.8mg (35.98%), Vitamin B6: 0.69mg (34.61%), Potassium: 1106.54mg (31.62%), Calcium: 261.87mg (26.19%), Vitamin B2: 0.39mg (22.84%), Vitamin B1: 0.34mg (22.33%), Vitamin B3: 4.19mg (20.96%), Selenium: 14.04µg (20.05%), Magnesium: 67.61mg (16.9%), Fiber: 3.95g (15.8%), Manganese: 0.29mg (14.36%), Vitamin B5: 1.4mg (14.01%), Zinc: 1.86mg (12.37%), Copper: 0.22mg (11.02%), Folate: 39.81µg (9.95%), Iron: 1.7mg (9.46%), Vitamin B12: 0.43µg (7.09%), Vitamin K: 7.32µg (6.97%), Vitamin A: 293.15IU (5.86%), Vitamin E: 0.44mg (2.92%), Vitamin D: 0.32µg (2.1%)