



## Loaded Baked Potato Soup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings toppings: bacon shredded cooked sliced chopped
- 0.5 teaspoon pepper black freshly ground
- 3 cups broccoli florets frozen thawed
- 4 tablespoons butter
- 6 cups chicken broth
- 3 tablespoons flour all-purpose
- 0.5 cup heavy cream
- 0.5 teaspoon kosher salt

- 2 medium size russet potatoes diced peeled
- 4 oz cheddar cheese shredded
- 0.5 cup cup heavy whipping cream sour
- 1 small onion yellow chopped

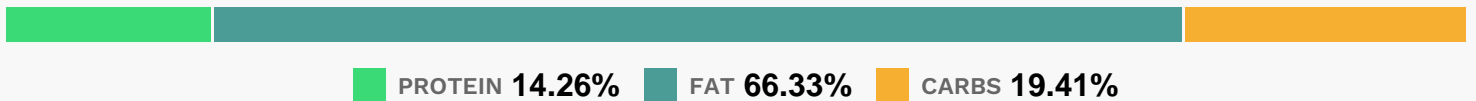
## Equipment

- bowl
- whisk
- dutch oven

## Directions

- Melt butter in a Dutch oven over medium heat; add onion, and cook, stirring often, 3 to 5 minutes or until tender.
- Sprinkle onion mixture with flour, and cook, stirring constantly, 1 minute. Gradually whisk in chicken broth, salt, and pepper.
- Add potatoes, and bring to a boil, stirring often. Reduce heat to medium-low; simmer, stirring occasionally, 15 minutes or until potatoes are tender.
- Whisk together heavy cream and sour cream in a bowl. Gradually stir about 1 cup hot potato mixture into cream mixture; add cream mixture to remaining hot potato mixture, stirring constantly. Stir in 1 cup Cheddar cheese and thawed broccoli florets. Cook 5 minutes or until thoroughly heated. Top with chopped cooked bacon, sliced green onions, and shredded Cheddar cheese.

## Nutrition Facts



## Properties

Glycemic Index:59.13, Glycemic Load:13.34, Inflammation Score:-8, Nutrition Score:19.403478124867%

## Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol:

3.64mg, Kaempferol: 3.64mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg  
Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

## **Nutrients (% of daily need)**

Calories: 476.21kcal (23.81%), Fat: 35.85g (55.15%), Saturated Fat: 20.8g (129.98%), Carbohydrates: 23.59g (7.86%),  
Net Carbohydrates: 21.14g (7.69%), Sugar: 4.13g (4.59%), Cholesterol: 107.39mg (35.8%), Sodium: 1475.89mg  
(64.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.34g (34.69%), Vitamin C: 45.79mg (55.5%), Vitamin  
K: 50.77µg (48.35%), Calcium: 424.53mg (42.45%), Phosphorus: 338.45mg (33.84%), Vitamin B2: 0.53mg  
(30.92%), Vitamin A: 1424.19IU (28.48%), Selenium: 18.94µg (27.05%), Vitamin B6: 0.39mg (19.48%), Manganese:  
0.38mg (19.23%), Zinc: 2.52mg (16.8%), Potassium: 588.14mg (16.8%), Folate: 60.2µg (15.05%), Vitamin B1: 0.2mg  
(13.15%), Magnesium: 47.21mg (11.8%), Vitamin B12: 0.65µg (10.89%), Fiber: 2.45g (9.79%), Vitamin B3: 1.84mg  
(9.18%), Vitamin E: 1.3mg (8.67%), Vitamin B5: 0.86mg (8.56%), Copper: 0.16mg (8.24%), Iron: 1.44mg (7.98%),  
Vitamin D: 0.61µg (4.07%)