

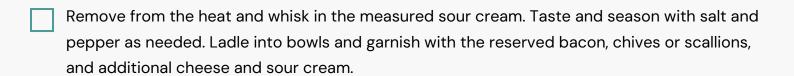
Loaded Baked Potato Soup



Ingredients

O.5 teaspoon pepper black as needed freshly ground plus more
8 servings chives fresh thinly sliced finely chopped for serving
1 tablespoon kosher salt as needed plus more
1 cup chicken broth low-sodium
2 pounds baking potatoes peeled cut into 1-inch chunks
4 ounces sharp cheddar cheese shredded plus more for serving
0.3 cup cream sour plus more for serving
1 tablespoon butter unsalted

	1 quart milk whole
	1 medium onion yellow
Eq	uipment
	bowl
	sauce pan
	ladle
	whisk
	pot
	blender
	kitchen towels
	slotted spoon
	dutch oven
	immersion blender
Di:	rections Melt the butter in a large, heavy-bottomed saucepan or Dutch oven over medium heat until
	foaming.
Ш	Add the bacon and cook, stirring occasionally, until browned and crisp, about 8 to 10 minutes.
	Add the bacon and cook, stirring occasionally, until browned and crisp, about 8 to 10 minutes. Remove with a slotted spoon to a small paper-towel-lined plate and set aside.
	Remove with a slotted spoon to a small paper-towel-lined plate and set aside. Add the onion to the bacon fat, stir to coat, and cook, stirring occasionally, until softened, about 5 minutes. Increase the heat to high, add the broth or stock, scrape up any browned
	Remove with a slotted spoon to a small paper-towel-lined plate and set aside. Add the onion to the bacon fat, stir to coat, and cook, stirring occasionally, until softened, about 5 minutes. Increase the heat to high, add the broth or stock, scrape up any browned bits from the bottom of the pot, and bring to a boil.



Nutrition Facts

PROTEIN 16.19% 📕 FAT 40.3% 📒 CARBS 43.51%

Properties

Glycemic Index:31.72, Glycemic Load:18.62, Inflammation Score:-5, Nutrition Score:11.485217379487%

Flavonoids

Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Isorhamnetin: 0.76mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 256.01kcal (12.8%), Fat: 11.71g (18.02%), Saturated Fat: 6.64g (41.49%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 26.69g (9.71%), Sugar: 7.33g (8.14%), Cholesterol: 36.37mg (12.12%), Sodium: 1027.26mg (44.66%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 10.59g (21.17%), Calcium: 274.49mg (27.45%), Phosphorus: 266.26mg (26.63%), Vitamin B6: O.5mg (24.87%), Potassium: 720.88mg (20.6%), Vitamin B2: O.29mg (17.05%), Vitamin B12: O.84µg (13.94%), Magnesium: 47.18mg (11.8%), Vitamin B1: O.17mg (11.47%), Manganese: O.22mg (11.24%), Selenium: 7.08µg (10.12%), Vitamin C: 8.13mg (9.85%), Zinc: 1.42mg (9.48%), Vitamin D: 1.41µg (9.42%), Vitamin A: 467.8IU (9.36%), Vitamin B5: O.89mg (8.89%), Vitamin B3: 1.74mg (8.7%), Copper: O.15mg (7.43%), Fiber: 1.76g (7.06%), Iron: 1.13mg (6.28%), Folate: 23.02µg (5.75%), Vitamin K: 5.36µg (5.1%), Vitamin E: O.25mg (1.67%)