



 14%  
HEALTH SCORE

## Loaded Baked Potato Soup

 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 servings bacon bits
- 8 medium baking potatoes cubed peeled ( and )
- 0.5 cup butter
- 0.5 cup flour
- 8 cups milk
- 8 servings salt and pepper to taste
- 2 cups cheddar cheese shredded
- 8 oz cream sour

0.5 medium onion white chopped

## Equipment

whisk

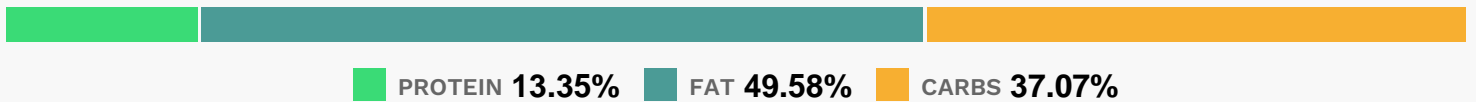
pot

stove

## Directions

- Place a large pot of water on the stove and add in the peeled and cubed potatoes. Get the water up to a boil, and then boil for 20 minutes, or until potatoes are cooked.
- Remove from heat and drain water.
- Place to the side. In a medium pot over medium-high heat melt butter and sautee onion for 6 minutes.
- Add in the flour and using a whisk, mix well for 30 seconds to one minute. Gradually start whisking in the milk, about ½ cup to a cup at a time, constantly stirring. You want to keep whisking and adding milk and stirring. Bring to a boil, and then turn heat down to medium and allow the mixture to simmer for 8-10 minutes until thickened. Stir in the potatoes and cook for an additional 5 minutes.
- Add in the cheese, salt and pepper, sour cream and stir well.
- Remove from heat and allow to cool slightly before serving. Top with additional sour cream, cheese, and bacon bits if desired.

## Nutrition Facts



## Properties

Glycemic Index:37.72, Glycemic Load:39.25, Inflammation Score:-8, Nutrition Score:23.023043478261%

## Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Taste

Sweetness: 42.4%, Saltiness: 100%, Sourness: 19.34%, Bitterness: 15.9%, Savoriness: 36.46%, Fattiness: 87.69%, Spiciness: 0%

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

Calories: 623.73kcal (31.19%), Fat: 34.93g (53.74%), Saturated Fat: 20.23g (126.43%), Carbohydrates: 58.78g (19.59%), Net Carbohydrates: 55.59g (20.21%), Sugar: 14.44g (16.04%), Cholesterol: 104.76mg (34.92%), Sodium: 600.06mg (26.09%), Protein: 21.16g (42.32%), Calcium: 563.46mg (56.35%), Phosphorus: 530.53mg (53.05%), Vitamin B6: 0.93mg (46.39%), Potassium: 1334.69mg (38.13%), Vitamin B2: 0.63mg (36.78%), Vitamin B12: 1.71µg (28.55%), Vitamin B1: 0.4mg (26.42%), Selenium: 17.43µg (24.9%), Vitamin A: 1211.78IU (24.24%), Magnesium: 92.38mg (23.09%), Manganese: 0.41mg (20.64%), Vitamin D: 2.85µg (19.02%), Zinc: 2.85mg (18.98%), Vitamin B5: 1.82mg (18.21%), Vitamin C: 12.92mg (15.67%), Vitamin B3: 2.99mg (14.96%), Folate: 54.75µg (13.69%), Fiber: 3.2g (12.8%), Copper: 0.26mg (12.79%), Iron: 2.29mg (12.7%), Vitamin K: 6.71µg (6.39%), Vitamin E: 0.87mg (5.78%)