



Loaded Potato Soup

 **Gluten Free**  **Popular**

READY IN



30 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 slices oscar mayer bacon divided crumbled cooked
- 1 lb baking potatoes cubed (3)
- 0.3 cup knudsen cream sour
- 14 oz chicken broth fat-free reduced-sodium canned
- 1 green onion divided sliced
- 1 cup milk
- 1 cup cheddar cheese shredded divided kraft

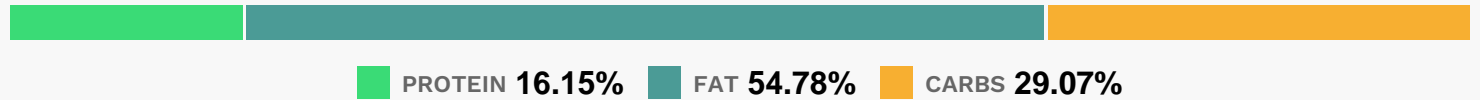
Equipment

- bowl
- potato masher
- microwave

Directions

- Microwave potatoes in large microwaveable bowl on HIGH 5 min., stirring after 2-1/2 min. Stir in broth and milk. Microwave 10 min., stirring after 5 min. Carefully smash potatoes with potato masher.
- Reserve 2 Tbsp. each bacon and cheese, and 1 Tbsp. onions for topping. Stir remaining bacon, cheese and onions into soup.
- Serve topped with sour cream and reserved ingredients.

Nutrition Facts



Properties

Glycemic Index:45.44, Glycemic Load:17.43, Inflammation Score:-5, Nutrition Score:12.834347942601%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 343.64kcal (17.18%), Fat: 21.16g (32.55%), Saturated Fat: 10.23g (63.97%), Carbohydrates: 25.26g (8.42%), Net Carbohydrates: 23.71g (8.62%), Sugar: 4.44g (4.93%), Cholesterol: 54.94mg (18.31%), Sodium: 733.59mg (31.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.07%), Calcium: 310.97mg (31.1%), Phosphorus: 300.07mg (30.01%), Vitamin B6: 0.51mg (25.67%), Selenium: 15.66µg (22.37%), Potassium: 674.81mg (19.28%), Vitamin B2: 0.31mg (18.06%), Vitamin B12: 0.94µg (15.67%), Vitamin B1: 0.19mg (12.82%), Zinc: 1.89mg (12.6%), Vitamin B3: 2.5mg (12.49%), Magnesium: 46.04mg (11.51%), Vitamin A: 508.59IU (10.17%), Manganese: 0.2mg (10.12%), Vitamin B5: 0.95mg (9.47%), Vitamin K: 9.33µg (8.88%), Vitamin C: 7.16mg (8.68%), Copper: 0.16mg (7.88%), Iron: 1.28mg (7.12%), Folate: 25.58µg (6.4%), Fiber: 1.55g (6.21%), Vitamin D: 0.91µg (6.04%), Vitamin E: 0.4mg (2.64%)