



## Loaded Potato Soup

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup bacon crumbled cooked
- 3 cups milk
- 0.5 teaspoon pepper freshly ground
- 24 oz potatoes refrigerated country-style mashed
- 0.5 teaspoon salt
- 4 oz sharp cheddar cheese shredded

## Equipment

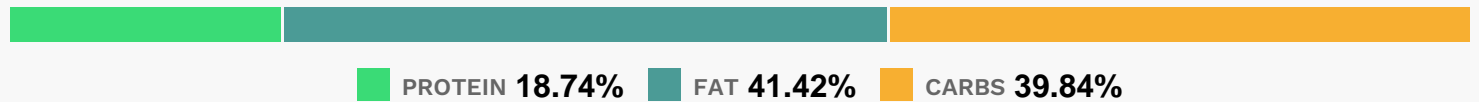
- sauce pan

- whisk
- wooden spoon

## Directions

- In 3-quart saucepan, mix milk, salt, pepper and potatoes, breaking up potatoes with whisk or wooden spoon.
- Heat to boiling over high heat; reduce heat. Simmer uncovered 4 minutes, stirring frequently with whisk, until thoroughly heated.
- Remove from heat; stir in 2/3 cup of the cheese.
- Top individual servings with remaining 1/3 cup cheese and the bacon; garnish with onions.

## Nutrition Facts



## Properties

Glycemic Index:30.13, Glycemic Load:16.81, Inflammation Score:-5, Nutrition Score:12.646956531898%

## Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 260.08kcal (13%), Fat: 12.09g (18.6%), Saturated Fat: 6.49g (40.59%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 23.62g (8.59%), Sugar: 6.82g (7.57%), Cholesterol: 38.2mg (12.73%), Sodium: 449.69mg (19.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.62%), Calcium: 298.66mg (29.87%), Phosphorus: 292.95mg (29.29%), Vitamin C: 22.34mg (27.08%), Vitamin B6: 0.45mg (22.38%), Potassium: 700.71mg (20.02%), Vitamin B2: 0.3mg (17.6%), Vitamin B12: 0.91µg (15.17%), Selenium: 10.4µg (14.86%), Vitamin B1: 0.19mg (12.74%), Magnesium: 47.57mg (11.89%), Zinc: 1.67mg (11.13%), Manganese: 0.2mg (10.15%), Fiber: 2.54g (10.15%), Vitamin D: 1.47µg (9.83%), Vitamin B5: 0.92mg (9.24%), Vitamin B3: 1.83mg (9.15%), Vitamin A: 391.94IU (7.84%), Copper: 0.14mg (6.86%), Folate: 22.14µg (5.54%), Iron: 0.98mg (5.43%), Vitamin K: 3.25µg (3.09%), Vitamin E: 0.24mg (1.57%)