



Loaded Potato Soup

 Gluten Free

READY IN



335 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 slices cheddar cheese shredded crumbled
- ☐ 28 ounce chicken broth canned
- ☐ 1 pint half and half
- ☐ 4 pounds baby potatoes peeled cut into 1/4-inch-thick slices
- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 2 teaspoons salt

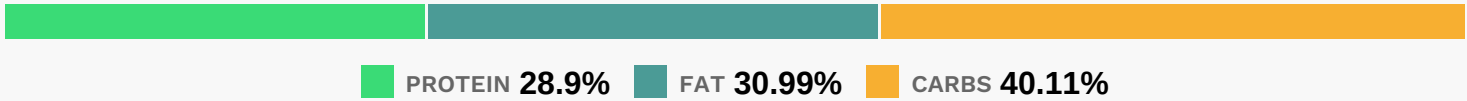
Equipment

- ☐ bowl
- ☐ ladle
- ☐ potato masher
- ☐ slow cooker

Directions

- ☐ Layer sliced potatoes in a lightly greased 6-quart slow cooker; top with chopped onion.
- ☐ Stir together chicken broth, salt, and pepper; pour over potatoes and onion. (Broth will not completely cover potatoes and onion.) Cover and cook on HIGH 3 to 5 hours or until potatoes are tender. Mash mixture with a potato masher; stir in half-and-half. Cover and cook on HIGH 20 more minutes or until mixture is thoroughly heated. Ladle into bowls, and serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:21.22, Glycemic Load:29.2, Inflammation Score:-6, Nutrition Score:18.915652407252%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 440kcal (22%), Fat: 15.1g (23.23%), Saturated Fat: 6.48g (40.49%), Carbohydrates: 43.96g (14.65%), Net Carbohydrates: 38.79g (14.1%), Sugar: 4.58g (5.09%), Cholesterol: 70.44mg (23.48%), Sodium: 1110.51mg (48.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.67g (63.35%), Vitamin C: 45.86mg (55.59%), Vitamin B6: 0.9mg (44.9%), Potassium: 1199.35mg (34.27%), Phosphorus: 340.58mg (34.06%), Selenium: 20.92µg (29.88%), Vitamin B3: 4.85mg (24.24%), Zinc: 3.39mg (22.61%), Fiber: 5.17g (20.68%), Magnesium: 78.07mg (19.52%), Manganese: 0.38mg (18.82%), Vitamin B12: 1.11µg (18.43%), Iron: 3.12mg (17.36%), Vitamin B2: 0.29mg (17.04%), Copper: 0.31mg (15.27%), Vitamin B1: 0.2mg (13.56%), Calcium: 108.2mg (10.82%), Folate: 41.76µg (10.44%), Vitamin B5: 0.86mg (8.55%), Vitamin A: 391.65IU (7.83%), Vitamin K: 7.6µg (7.24%), Vitamin E: 0.49mg (3.28%)