



WHATSheATE



Loaded Potato Soup

READY IN



20 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon halved
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons flour all-purpose
- ☐ 4 teaspoons spring onion thinly sliced
- ☐ 2 cups milk 1% low-fat divided
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 1.3 cups beef broth fat-free
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion

- ☐ 24 ounce potatoes – remove skin red
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cheddar cheese shredded

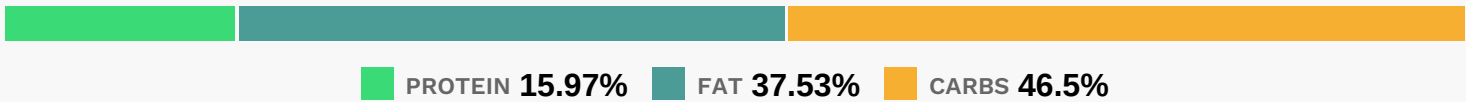
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Pierce potatoes with a fork. Microwave on HIGH 13 minutes or until tender.
- ☐ Cut in half; cool slightly.
- ☐ While potatoes cook, heat oil in a saucepan over medium–high heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add broth.
- ☐ Combine flour and 1/2 cup milk; add to pan with 1 1/2 cups milk. Bring to a boil; stir often. Cook 1 minute.
- ☐ Remove from heat; stir in sour cream, salt, and pepper.
- ☐ Arrange bacon on a paper towel on a microwave–safe plate. Cover with a paper towel; microwave on HIGH for 4 minutes. Crumble bacon.
- ☐ Discard potato skins. Coarsely mash potatoes into soup. Top with cheese, green onions, and bacon.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:3.63, Inflammation Score:-6, Nutrition Score:15.610869604608%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg

Nutrients (% of daily need)

Calories: 348.38kcal (17.42%), Fat: 14.72g (22.64%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 37.55g (13.66%), Sugar: 9.02g (10.02%), Cholesterol: 31.24mg (10.41%), Sodium: 688.86mg (29.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.09g (28.17%), Potassium: 1224.44mg (34.98%), Phosphorus: 315.21mg (31.52%), Calcium: 261mg (26.1%), Vitamin B6: 0.44mg (22.06%), Vitamin B1: 0.31mg (20.91%), Vitamin C: 16.61mg (20.14%), Vitamin B2: 0.33mg (19.12%), Selenium: 11.78µg (16.83%), Manganese: 0.33mg (16.51%), Vitamin B12: 0.96µg (16.04%), Vitamin B3: 3.13mg (15.67%), Magnesium: 61.4mg (15.35%), Fiber: 3.47g (13.87%), Copper: 0.26mg (13.04%), Folate: 51.93µg (12.98%), Zinc: 1.76mg (11.76%), Vitamin B5: 1.08mg (10.84%), Vitamin K: 10.99µg (10.47%), Vitamin D: 1.45µg (9.66%), Iron: 1.69mg (9.41%), Vitamin A: 411.82IU (8.24%), Vitamin E: 0.53mg (3.55%)