

# Loaded Potato Soup I

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



352 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup butter
- 0.5 cup flour all-purpose
- 8 cups milk
- 0.3 cup onion chopped
- 8 potatoes cubed peeled
- 12 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded
- 8 ounce cream sour

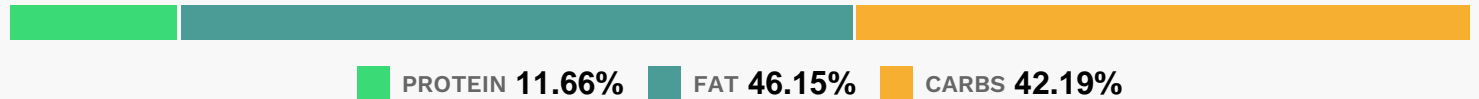
## Equipment

- oven
- whisk
- pot
- microwave

## Directions

- Place cubed potatoes into a glass dish, and cook in the microwave oven for 7 to 10 minutes, or until soft.
- While the potatoes are cooking, melt the butter in a large pot over medium-high heat.
- Whisk in flour until smooth, then gradually stir in the milk. Bring to a boil, then reduce heat to medium, and simmer for 5 to 10 minutes, or until slightly thickened.
- Stir in the potatoes and onion, and cook for 5 more minutes. Stir in the sour cream and Cheddar cheese until melted and well blended. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:25.06, Glycemic Load:24.02, Inflammation Score:-6, Nutrition Score:14.611304376436%

## Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## Nutrients (% of daily need)

Calories: 351.68kcal (17.58%), Fat: 18.33g (28.19%), Saturated Fat: 10.75g (67.17%), Carbohydrates: 37.69g (12.56%), Net Carbohydrates: 34.36g (12.5%), Sugar: 9.75g (10.84%), Cholesterol: 55.71mg (18.57%), Sodium: 361.83mg (15.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.83%), Vitamin C: 28.39mg (34.41%), Phosphorus: 290.02mg (29%), Calcium: 273.43mg (27.34%), Vitamin B6: 0.54mg (26.78%), Potassium: 881.82mg (25.19%), Vitamin B2: 0.35mg (20.72%), Vitamin B1: 0.25mg (16.85%), Vitamin B12: 0.98µg (16.4%), Magnesium: 57.01mg (14.25%), Vitamin A: 667.71IU (13.35%), Manganese: 0.27mg (13.33%), Fiber: 3.32g (13.29%), Vitamin D:

1.82µg (12.12%), Vitamin B5: 1.15mg (11.47%), Selenium: 7.43µg (10.61%), Vitamin B3: 2mg (10.01%), Zinc: 1.37mg (9.1%), Folate: 35.29µg (8.82%), Copper: 0.17mg (8.44%), Iron: 1.38mg (7.67%), Vitamin K: 4.27µg (4.07%), Vitamin E: 0.43mg (2.84%)