



Mashed Potato Soup

READY IN



40 min.

SERVINGS



6

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 2 lb baking potatoes
- 2 tablespoons spring onion chopped
- 0.3 cup flour all-purpose
- 4 cups milk
- 4 ounces monterrey jack cheese shredded
- 6 servings salt and pepper
- 4 ounces cream sour
- 4 tablespoons butter unsalted

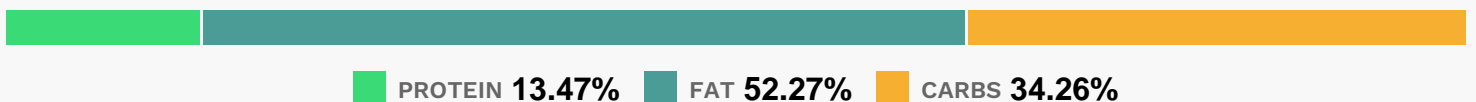
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- microwave

Directions

- Prick potatoes all over with a fork; microwave on high until cooked through, turning once, 12 to 15 minutes total.
- Let cool slightly and scoop out flesh, discarding skins. Mash with a fork. In a large skillet, cook bacon until crisp, turning once, about 10 minutes total.
- Let cool, then crumble.
- Melt butter in a large saucepan over medium heat.
- Add flour and whisk until smooth and light golden, about 2 minutes. Slowly whisk in milk and cook, whisking, until thickened, 5 to 6 minutes.
- Stir in cheese, potatoes and 1/2 tsp. each salt and pepper. Cook, stirring, until cheese melts and soup is heated through.
- Whisk in sour cream. Check seasoning and add additional salt and pepper if desired. Divide among 6 soup bowls and sprinkle each with bacon and chives.

Nutrition Facts



Properties

Glycemic Index:42.79, Glycemic Load:28.27, Inflammation Score:-6, Nutrition Score:16.707826127177%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 478.96kcal (23.95%), Fat: 28.18g (43.36%), Saturated Fat: 15.34g (95.87%), Carbohydrates: 41.56g (13.85%), Net Carbohydrates: 39.36g (14.31%), Sugar: 9.57g (10.64%), Cholesterol: 77.24mg (25.75%), Sodium: 481mg (20.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.69%), Calcium: 385.39mg (38.54%), Phosphorus: 377.33mg (37.73%), Vitamin B6: 0.69mg (34.36%), Potassium: 957.7mg (27.36%), Vitamin B2: 0.43mg (25.34%), Vitamin B1: 0.32mg (21.22%), Vitamin B12: 1.16µg (19.4%), Selenium: 12.54µg (17.92%), Magnesium: 65.17mg (16.29%), Vitamin A: 786.72IU (15.73%), Manganese: 0.3mg (15.05%), Vitamin D: 2.1µg (14.01%), Vitamin B3: 2.79mg (13.93%), Zinc: 1.97mg (13.15%), Vitamin B5: 1.29mg (12.89%), Vitamin C: 9.16mg (11.11%), Iron: 1.87mg (10.36%), Folate: 39.97µg (9.99%), Copper: 0.19mg (9.31%), Fiber: 2.21g (8.82%), Vitamin K: 8.78µg (8.36%), Vitamin E: 0.51mg (3.41%)