



O'Cheeze Potato Soup

READY IN



70 min.

SERVINGS



8

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bacon
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup chives fresh divided chopped
- ☐ 0.3 cup parsley fresh divided chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper white
- ☐ 1 quart half-and-half
- ☐ 0.5 teaspoon pepper sauce hot

- ☐ 8 ounce processed cheese cubed velveeta® such as
- ☐ 1.5 pounds potatoes red peeled cut into 1/2-inch cubes
- ☐ 0.5 cup cheddar cheese shredded divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Place bacon in a large, deep skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain on paper towels and crumble when cool.
- ☐ Cover potatoes with water in a large saucepan and bring to a boil over medium heat until tender but not mushy, about 15 minutes; drain.
- ☐ Melt butter in a large pot over medium heat and stir in flour; mix until smooth. Reduce heat to medium-low and slowly whisk in half-and-half until smooth. Bring to a simmer, whisking constantly, and cook until slightly thickened, 2 to 3 minutes.
- ☐ Stir in processed cheese cubes until melted and smooth.
- ☐ Season with white pepper, garlic powder, and hot pepper sauce.
- ☐ Mix in cooked potatoes, cover, and simmer until potatoes are very tender and soup is thickened, about 30 minutes; stir occasionally.
- ☐ Ladle soup into bowls and top each bowl with equal amounts shredded Cheddar cheese, crumbled bacon, chives, and parsley.

Nutrition Facts



 PROTEIN **12.75%**  FAT **67.72%**  CARBS **19.53%**

Properties

Glycemic Index:32.63, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:15.08304340943%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 441.59kcal (22.08%), Fat: 33.65g (51.77%), Saturated Fat: 18.51g (115.71%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 20.2g (7.35%), Sugar: 6.7g (7.45%), Cholesterol: 93.7mg (31.23%), Sodium: 731.57mg (31.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.25g (28.5%), Calcium: 487.33mg (48.73%), Phosphorus: 404.44mg (40.44%), Vitamin K: 38.58µg (36.74%), Vitamin B2: 0.38mg (22.3%), Selenium: 15.52µg (22.17%), Vitamin A: 1068.86IU (21.38%), Potassium: 633.67mg (18.1%), Vitamin C: 11.81mg (14.32%), Vitamin B6: 0.27mg (13.48%), Vitamin B12: 0.8µg (13.36%), Zinc: 1.92mg (12.83%), Vitamin B1: 0.17mg (11.21%), Magnesium: 43.73mg (10.93%), Vitamin B3: 1.85mg (9.24%), Vitamin B5: 0.83mg (8.27%), Manganese: 0.16mg (8.14%), Copper: 0.16mg (7.78%), Folate: 30.42µg (7.61%), Fiber: 1.64g (6.56%), Iron: 1.18mg (6.56%), Vitamin E: 0.75mg (4.97%), Vitamin D: 0.27µg (1.79%)