

Pat's Cream of Potato Soup

READY IN



45 min.

SERVINGS



8

CALORIES



264 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices bacon diced
- 6 cups chicken broth
- 1 tablespoon flour all-purpose
- 1 cup half and half
- 1 onion chopped
- 0.5 cup potatoes instant mashed
- 6 potatoes thinly sliced

Equipment

frying pan

sauce pan

Directions

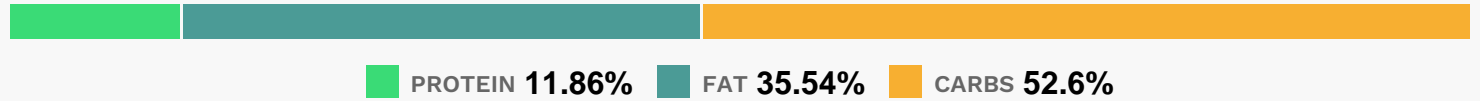
Saute bacon and onions, in a medium saute pan, until browned. Set aside.

Over low heat, in a medium sauce pan, cook flour until pasty. Slowly add chicken broth and bring to a boil.

Stir in bacon and onion mixture, potatoes, and instant potatoes. Simmer for 30 minutes and then blend in half and half.

Serve.

Nutrition Facts



Properties

Glycemic Index:23.22, Glycemic Load:21.23, Inflammation Score:-5, Nutrition Score:11.913043429022%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 264.2kcal (13.21%), Fat: 10.58g (16.28%), Saturated Fat: 4.4g (27.49%), Carbohydrates: 35.24g (11.75%), Net Carbohydrates: 31.22g (11.35%), Sugar: 3.96g (4.41%), Cholesterol: 25mg (8.33%), Sodium: 795.62mg (34.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.89%), Vitamin C: 35.8mg (43.39%), Vitamin B6: 0.58mg (28.76%), Potassium: 839.13mg (23.98%), Vitamin B1: 0.27mg (18.01%), Manganese: 0.36mg (17.89%), Phosphorus: 161.46mg (16.15%), Fiber: 4.02g (16.08%), Vitamin B3: 3.07mg (15.36%), Vitamin B2: 0.24mg (14.1%), Magnesium: 47.57mg (11.89%), Copper: 0.22mg (11.07%), Selenium: 6.36µg (9.08%), Iron: 1.57mg (8.72%), Folate: 32.52µg (8.13%), Vitamin B5: 0.77mg (7.67%), Calcium: 63.73mg (6.37%), Zinc: 0.96mg (6.37%), Vitamin K: 3.81µg (3.63%), Vitamin B12: 0.18µg (2.92%), Vitamin A: 120.6IU (2.41%), Vitamin E: 0.24mg (1.58%)