



Potato Soup

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon
- ☐ 3 pounds baking potatoes peeled cut into 1/4-inch-thick slices
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 teaspoons chives fresh chopped
- ☐ 2 cups milk 1% low-fat
- ☐ 29 ounce lower-sodium chicken broth fat-free canned
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt

- ☐ 1 cup sharp cheddar cheese shredded divided reduced-fat
- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 0.5 cup water

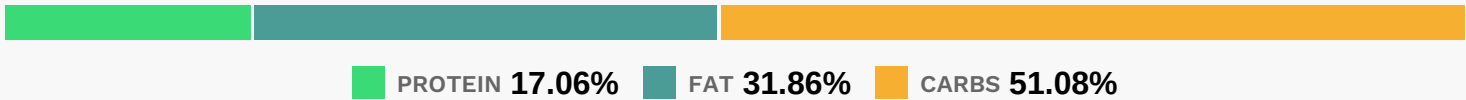
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ potato masher
- ☐ slow cooker

Directions

- ☐ Cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings in pan; crumble bacon.
- ☐ Add onion to drippings in pan; saut 3 minutes or until tender.
- ☐ Place potato slices and onion in a 5-quart electric slow cooker coated with cooking spray.
- ☐ Combine 1/2 cup water and next 3 ingredients (through pepper); stir into mixture in slow cooker. Cover and cook on LOW for 8 hours or until potatoes are tender.
- ☐ Mash mixture with a potato masher; stir in milk and 3/4 cup cheese. Increase heat to HIGH. Cover and cook on HIGH for 20 minutes or until mixture is thoroughly heated. Ladle soup into bowls. Top with sour cream and remaining 1/4 cup cheese.
- ☐ Sprinkle with bacon and chives.

Nutrition Facts



Properties

Glycemic Index:26.97, Glycemic Load:24.7, Inflammation Score:-5, Nutrition Score:12.651739120483%

Flavonoids

Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 286.22kcal (14.31%), Fat: 10.32g (15.88%), Saturated Fat: 5.15g (32.17%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 34.64g (12.6%), Sugar: 4.92g (5.46%), Cholesterol: 27.55mg (9.18%), Sodium: 525.76mg (22.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.87%), Vitamin B6: 0.68mg (34.09%), Potassium: 1098.71mg (31.39%), Phosphorus: 247.39mg (24.74%), Calcium: 223.15mg (22.31%), Manganese: 0.32mg (15.76%), Vitamin B1: 0.22mg (14.36%), Vitamin C: 11.6mg (14.06%), Magnesium: 55.02mg (13.75%), Vitamin B2: 0.23mg (13.6%), Selenium: 8.13µg (11.62%), Vitamin B3: 2.2mg (11.02%), Fiber: 2.6g (10.38%), Vitamin B12: 0.61µg (10.19%), Copper: 0.2mg (9.95%), Zinc: 1.47mg (9.83%), Iron: 1.59mg (8.85%), Vitamin B5: 0.86mg (8.57%), Folate: 33.89µg (8.47%), Vitamin A: 331.92IU (6.64%), Vitamin D: 0.8µg (5.3%), Vitamin K: 4.88µg (4.65%), Vitamin E: 0.22mg (1.46%)