



Potato Soup I

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon add carrot and onion to bacon fat . cook
- ☐ 1 carrots grated
- ☐ 4 slices bacon crumbled crisp cooked
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 6 servings pepper black to taste
- ☐ 1 tablespoon butter
- ☐ 4 cups milk
- ☐ 1 onion chopped

- ☐ 3 tablespoons potatoes dry
- ☐ 6 potatoes cubed peeled
- ☐ 6 servings salt to taste

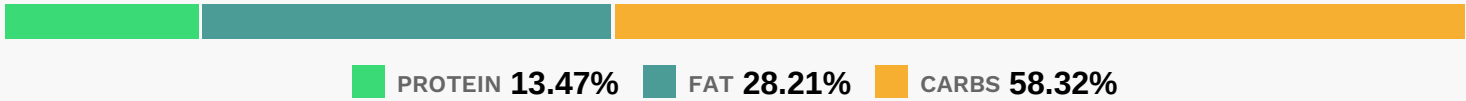
Equipment

- ☐ frying pan

Directions

- ☐ Place potatoes and chopped onion in a deep stock pan, and add water just to cover them. Bring to a boil, and cook until tender.
- ☐ Add butter or margarine, bacon bits and fat, and carrots. Stir in milk, parsley, and instant potatoes; bring to a light boil. Salt and pepper to taste. Cover, and simmer on low until you are ready to eat.

Nutrition Facts



Properties

Glycemic Index:43.26, Glycemic Load:30.85, Inflammation Score:-9, Nutrition Score:21.023478279943%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 362.44kcal (18.12%), Fat: 11.55g (17.77%), Saturated Fat: 5.05g (31.54%), Carbohydrates: 53.71g (17.9%), Net Carbohydrates: 47.9g (17.42%), Sugar: 11g (12.22%), Cholesterol: 27.02mg (9.01%), Sodium: 399.32mg (17.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.82%), Vitamin C: 50.8mg (61.57%), Vitamin B6: 0.85mg (42.43%), Vitamin A: 2109.55IU (42.19%), Potassium: 1313.87mg (37.54%), Phosphorus: 327.89mg (32.79%), Vitamin B1: 0.38mg (25.36%), Calcium: 237.98mg (23.8%), Fiber: 5.82g (23.27%), Manganese: 0.4mg (19.9%), Magnesium: 78.68mg (19.67%), Vitamin B2: 0.33mg (19.16%), Vitamin B3: 3.57mg (17.85%), Vitamin K: 17.69µg (16.85%), Vitamin B12: 0.94µg (15.65%), Vitamin B5: 1.51mg (15.07%), Copper: 0.26mg (13.17%), Vitamin D: 1.87µg

(12.46%), Folate: 43.95µg (10.99%), Selenium: 7.53µg (10.76%), Iron: 1.92mg (10.68%), Zinc: 1.57mg (10.44%), Vitamin E: 0.29mg (1.94%)