



Potato Soup II

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 slices bacon diced
- ☐ 1 cup carrots grated
- ☐ 1 cup celery chopped
- ☐ 58 ounce chicken broth canned
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 32 ounce hash brown potatoes frozen thawed
- ☐ 3 cups milk

- ☐ 1 cup onion chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 3 cups water

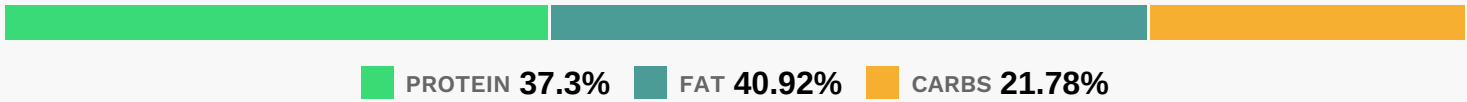
Equipment

- ☐ pot

Directions

- ☐ Place hash browns, onions, carrots, celery, water, and chicken broth in large stock pot. Simmer for 30 minutes.
- ☐ Stir in undiluted cream soups, milk, and bacon. Season with salt and pepper.
- ☐ Let simmer for another 30 minutes.

Nutrition Facts



Properties

Glycemic Index:54.46, Glycemic Load:19.02, Inflammation Score:-10, Nutrition Score:48.100869510485%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 1327.01kcal (66.35%), Fat: 59.43g (91.43%), Saturated Fat: 18.86g (117.89%), Carbohydrates: 71.15g (23.72%), Net Carbohydrates: 65.54g (23.83%), Sugar: 13.79g (15.33%), Cholesterol: 260.12mg (86.71%), Sodium: 3457.36mg (150.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 121.88g (243.75%), Vitamin A: 6847.84IU (136.96%), Selenium: 88.47µg (126.39%), Phosphorus: 1035.29mg (103.53%), Vitamin B12: 5.27µg (87.78%), Zinc: 12.34mg (82.24%), Vitamin B3: 15.88mg (79.4%), Vitamin B6: 1.28mg (64.08%), Potassium: 1942.74mg (55.51%), Iron: 9.1mg (50.56%), Vitamin B2: 0.83mg (48.6%), Calcium: 377.04mg (37.7%), Magnesium: 147.56mg (36.89%), Vitamin K: 38.01µg (36.2%), Copper: 0.69mg (34.72%), Manganese: 0.67mg (33.48%), Vitamin B1: 0.47mg (31.37%), Vitamin C: 24.46mg (29.64%), Vitamin B5: 2.61mg (26.14%), Fiber: 5.61g (22.45%), Vitamin E: 3.28mg (21.89%),

Vitamin D: 2.53µg (16.89%), Folate: 43.11µg (10.78%)