



Potato Soup in Seven Minutes

 Gluten Free

READY IN



37 min.

SERVINGS



12

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce precooked bacon chopped
- 2 tablespoons butter-flavored granules
- 8 ounce cream cheese softened
- 21 ounce cream of chicken soup canned
- 0.3 teaspoon ground pepper black
- 32 ounce hash brown potatoes frozen southern-style
- 8 cups milk 2%
- 1 teaspoon salt

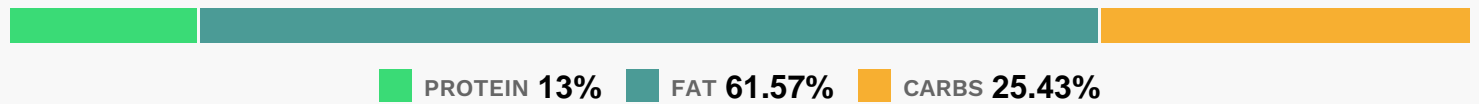
Equipment

- whisk
- pot

Directions

- Whisk together cream of chicken soup and cream cheese in a large pot.
- Whisk in milk, 2 cups at a time, until smooth.
- Stir in hash brown potatoes, bacon, butter-flavored granules, salt, and pepper.
- Bring soup to a boil over medium-high heat, then reduce heat to medium-low and simmer until potatoes are tender, 30 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:5.64, Inflammation Score:-5, Nutrition Score:11.193043506664%

Nutrients (% of daily need)

Calories: 406.21kcal (20.31%), Fat: 27.97g (43.03%), Saturated Fat: 12.36g (77.24%), Carbohydrates: 26g (8.66%), Net Carbohydrates: 24.93g (9.06%), Sugar: 8.94g (9.93%), Cholesterol: 62.49mg (20.83%), Sodium: 925.95mg (40.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.58%), Phosphorus: 264.13mg (26.41%), Vitamin B2: 0.4mg (23.27%), Calcium: 224.16mg (22.42%), Selenium: 13.4µg (19.15%), Vitamin B12: 1.04µg (17.41%), Vitamin B1: 0.24mg (15.8%), Potassium: 551.62mg (15.76%), Vitamin B3: 2.95mg (14.73%), Vitamin B5: 1.19mg (11.94%), Vitamin A: 575.37IU (11.51%), Vitamin B6: 0.22mg (11.22%), Zinc: 1.55mg (10.3%), Manganese: 0.18mg (8.88%), Magnesium: 33.4mg (8.35%), Copper: 0.17mg (8.29%), Iron: 1.46mg (8.12%), Vitamin C: 6.56mg (7.96%), Vitamin E: 0.67mg (4.5%), Fiber: 1.07g (4.28%), Folate: 13.66µg (3.42%), Vitamin K: 2.98µg (2.84%)