



Potato Soup with Bacon and Asparagus

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus fresh trimmed cut into 1-inch pieces
- 3 cloves garlic minced
- 1 teaspoon ground pepper black
- 2 cups milk low-fat
- 1 small onion finely chopped
- 3 pounds russet potatoes peeled quartered
- 1 teaspoon salt
- 4 slices thickly-cut bacon

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- pot
- potato masher
- microwave

Directions

- Place bacon slices into a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Transfer bacon to a plate lined with paper towels to drain.
- Stir onion, garlic, and salt into the hot skillet and cook and stir until fragrant, 2 to 3 minutes.
- Remove from heat.
- Bring a large saucepan of water to a boil and stir in the asparagus; reduce heat to medium-low and simmer until asparagus are softened but still bright green, 5 to 8 minutes.
- Drain asparagus and set aside.
- Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes; drain.
- Transfer cooked potatoes to a soup pot and mash them with a potato masher, leaving some potato chunks for texture.
- Pour milk into a microwave-safe bowl and heat on high setting until the milk is hot, 1 to 3 minutes; stir milk occasionally as it heats.
- Pour hot milk into the potatoes and stir to combine.
- Place soup over medium-low heat. Crumble bacon slices and stir bacon and the onion mixture into the soup; heat to a simmer and cook, stirring often, until soup thickens, 5 to 10 minutes.
- Sprinkle soup with chives to serve.

Nutrition Facts

PROTEIN 14.43% FAT 27.55% CARBS 58.02%

Properties

Glycemic Index:34.29, Glycemic Load:33.09, Inflammation Score:-7, Nutrition Score:19.899565095487%

Flavonoids

Isorhamnetin: 4.89mg, Isorhamnetin: 4.89mg, Isorhamnetin: 4.89mg, Isorhamnetin: 4.89mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.96mg, Quercetin: 12.96mg, Quercetin: 12.96mg, Quercetin: 12.96mg

Nutrients (% of daily need)

Calories: 335.93kcal (16.8%), Fat: 10.58g (16.27%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 45.25g (16.46%), Sugar: 7.24g (8.05%), Cholesterol: 19.77mg (6.59%), Sodium: 590.78mg (25.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.93%), Vitamin B6: 1mg (49.79%), Potassium: 1298.61mg (37.1%), Vitamin K: 36.23µg (34.5%), Phosphorus: 285.84mg (28.58%), Manganese: 0.56mg (28.21%), Vitamin B1: 0.41mg (27.59%), Vitamin C: 18.49mg (22.41%), Iron: 3.75mg (20.85%), Vitamin B3: 4.17mg (20.84%), Copper: 0.4mg (20.06%), Fiber: 4.85g (19.4%), Magnesium: 77.19mg (19.3%), Folate: 74.95µg (18.74%), Vitamin B2: 0.32mg (18.61%), Calcium: 155.06mg (15.51%), Vitamin A: 739.05IU (14.78%), Selenium: 9.41µg (13.44%), Vitamin B5: 1.33mg (13.35%), Zinc: 1.73mg (11.53%), Vitamin B12: 0.6µg (10%), Vitamin E: 1mg (6.69%), Vitamin D: 0.96µg (6.41%)