

Quick Creamy Potato Soup

 **Gluten Free**

READY IN



50 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon
- 21.5 ounce cream of chicken soup canned
- 1 teaspoon dill dried
- 6 servings pepper black to taste
- 2.5 cups milk
- 1 cup onion chopped
- 4 cups potatoes cubed
- 6 servings salt to taste

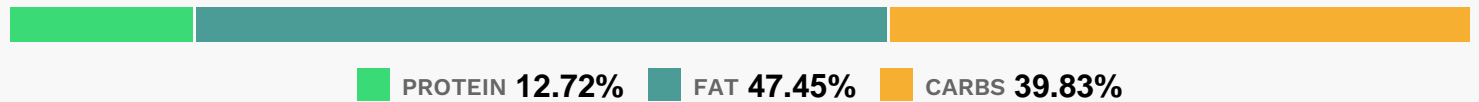
Equipment

- frying pan
- sauce pan

Directions

- In a large saucepan, cook bacon until crisp.
- Remove bacon, and set aside.
- Drain all but 3 tablespoons bacon fat from the pan.
- Brown onions in bacon fat over medium heat.
- Add potatoes, and enough water to cover. Cover and cook until potatoes are tender, 15 to 20 minutes.
- Stir together soup and milk until smooth; add to potato mixture.
- Heat, but do not boil.
- Add salt and pepper to taste, and stir in dill weed. Crumble bacon; stir in just before serving soup, or sprinkle on top to garnish.

Nutrition Facts



Properties

Glycemic Index:37.29, Glycemic Load:23.4, Inflammation Score:-6, Nutrition Score:14.867391171663%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 393.89kcal (19.69%), Fat: 20.92g (32.19%), Saturated Fat: 7.56g (47.28%), Carbohydrates: 39.5g (13.17%), Net Carbohydrates: 35.92g (13.06%), Sugar: 7.66g (8.51%), Cholesterol: 39.69mg (13.23%), Sodium: 1149.58mg (49.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.24%), Vitamin C: 29.74mg (36.05%),

Vitamin B6: 0.59mg (29.41%), Phosphorus: 265.01mg (26.5%), Potassium: 895.57mg (25.59%), Vitamin B1: 0.28mg (18.41%), Manganese: 0.34mg (17.24%), Calcium: 167.21mg (16.72%), Vitamin B3: 3.2mg (15.99%), Vitamin B2: 0.26mg (15.5%), Copper: 0.31mg (15.36%), Selenium: 10.32µg (14.74%), Fiber: 3.58g (14.33%), Magnesium: 55.58mg (13.89%), Iron: 2.44mg (13.54%), Vitamin B5: 1.19mg (11.86%), Vitamin B12: 0.7µg (11.59%), Zinc: 1.52mg (10.11%), Vitamin D: 1.24µg (8.24%), Vitamin A: 374.07IU (7.48%), Folate: 29.52µg (7.38%), Vitamin K: 7.4µg (7.05%), Vitamin E: 0.75mg (4.97%)