



## Slow Cooker Bacon Potato Chowder

 Gluten Free

READY IN



195 min.

SERVINGS



10

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 slices bacon crumbled cooked
- 43 ounce condensed cream of potato soup canned
- 0.5 cup chives fresh chopped
- 0.3 teaspoon pepper black
- 43 ounce milk canned
- 1 large onion chopped
- 2 large potatoes peeled cut into 1/2-inch pieces
- 2 cups cheddar cheese shredded

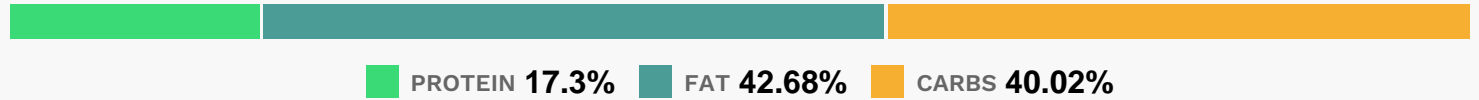
# Equipment

slow cooker

# Directions

- Stir the bacon, onion, soup, milk, black pepper, potatoes and 1/4 cup chives in a 6-quart slow cooker.
- Cover and cook on HIGH for 3 to 4 hours or until the potatoes are tender.
- Add the cheese and stir until the cheese is melted.
- Sprinkle with the remaining chives.

# Nutrition Facts



# Properties

Glycemic Index:25.27, Glycemic Load:12.08, Inflammation Score:-6, Nutrition Score:14.939565254294%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

# Nutrients (% of daily need)

Calories: 315.8kcal (15.79%), Fat: 15.1g (23.23%), Saturated Fat: 8.2g (51.26%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 29.42g (10.7%), Sugar: 9.25g (10.27%), Cholesterol: 46.49mg (15.5%), Sodium: 990.5mg (43.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.77g (27.54%), Calcium: 343.95mg (34.39%), Phosphorus: 331.81mg (33.18%), Manganese: 0.52mg (25.98%), Vitamin C: 16.81mg (20.38%), Vitamin B2: 0.34mg (20.04%), Potassium: 688.28mg (19.67%), Vitamin B6: 0.38mg (19.11%), Selenium: 12.97µg (18.52%), Copper: 0.35mg (17.26%), Vitamin B5: 1.68mg (16.81%), Vitamin B12: 0.98µg (16.36%), Zinc: 2.29mg (15.25%), Vitamin B1: 0.19mg (12.96%), Vitamin A: 597.12IU (11.94%), Magnesium: 42.34mg (10.59%), Vitamin D: 1.49µg (9.93%), Fiber: 2.43g (9.72%), Vitamin B3: 1.81mg (9.04%), Vitamin K: 8.05µg (7.67%), Iron: 1.17mg (6.52%), Folate: 23.95µg (5.99%), Vitamin E: 0.34mg (2.3%)