



Slow-Cooker Cheesy Potato Soup

READY IN



405 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 oz hash browns diced frozen southern-style thawed
- 0.5 cup onion chopped
- 0.5 cup celery diced
- 4 cups chicken broth
- 1 cup water
- 3 tablespoons flour all-purpose
- 8 oz cheddar cheese shredded
- 12 slices bacon crumbled cooked
- 0.3 cup spring onion sliced

1 cup frangelico

Equipment

bowl

slow cooker

Directions

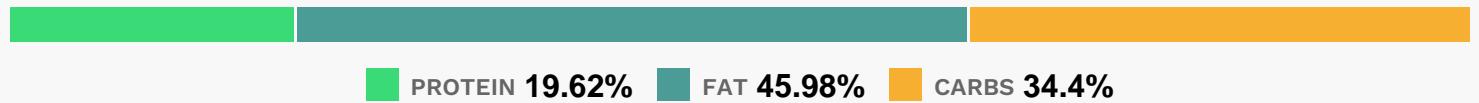
Spray 3 1/2- to 4-quart slow cooker with cooking spray. In slow cooker, mix potatoes, onion, celery, broth and water. Cover; cook on Low heat setting 6 to 8 hours.

In small bowl, mix flour and half-and-half; stir into potato mixture. Increase heat setting to High. Cover; cook 20 to 30 minutes or until mixture thickens.

Stir in cheese until melted; stir in half of the bacon.

Sprinkle individual servings with remaining bacon and the green onions.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:10.34, Inflammation Score:-5, Nutrition Score:14.643913051356%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 383.98kcal (19.2%), Fat: 19.81g (30.47%), Saturated Fat: 9.46g (59.13%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 30.65g (11.15%), Sugar: 1.58g (1.76%), Cholesterol: 56.77mg (18.92%), Sodium: 1140.48mg (49.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.02g (38.03%), Phosphorus: 324.01mg (32.4%), Selenium: 21.29µg (30.41%), Calcium: 301.57mg (30.16%), Vitamin B3: 4.84mg (24.22%), Vitamin B1: 0.32mg (21.32%), Vitamin B2: 0.35mg (20.45%), Manganese: 0.36mg (17.91%), Potassium: 624.92mg (17.85%), Vitamin C: 14.43mg (17.49%), Zinc: 2.38mg (15.89%), Vitamin B6: 0.27mg (13.48%), Iron: 2.08mg (11.58%), Vitamin K: 12.06µg (11.49%), Copper: 0.23mg (11.29%), Fiber: 2.69g (10.75%), Vitamin B12: 0.61µg (10.11%), Magnesium: 37.68mg (9.42%), Vitamin A: 467.4IU (9.35%), Vitamin B5: 0.89mg (8.94%), Folate: 29.08µg (7.27%), Vitamin E: 0.46mg (3.09%),

Vitamin D: 0.29µg (1.94%)