



Slow-Cooker Cheesy Potato Soup

READY IN



405 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery diced
- ☐ 8 oz cheddar cheese shredded (2 cups)
- ☐ 32 oz chicken broth
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup spring onion sliced
- ☐ 32 oz hash browns diced frozen southern-style thawed
- ☐ 1 cup milk
- ☐ 0.5 cup onion frozen thawed chopped (from 12-oz bag)
- ☐ 0.3 cup oz. bacon into pieces (from 2.8-oz package)

- ☐ 1 cup water
- ☐ 6 servings frangelico
- ☐ 6 servings frangelico

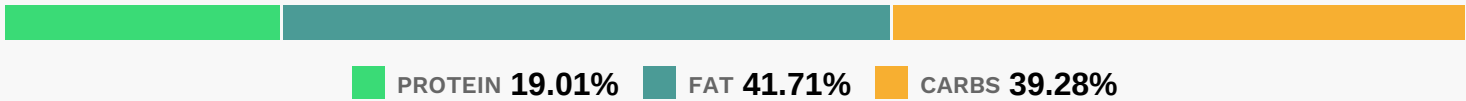
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place Reynolds Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.
- ☐ In lined slow cooker, mix potatoes, onion, celery, broth and water.
- ☐ Cover; cook on Low heat setting 6 to 8 hours.
- ☐ In small bowl, mix flour into milk; stir into potato mixture. Increase heat setting to High. Cover; cook 20 to 30 minutes or until mixture thickens. Stir in cheese until melted.
- ☐ Garnish individual servings with bacon and green onions.
- ☐ Sprinkle with pepper if desired.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:11.07, Inflammation Score:-5, Nutrition Score:13.624782645184%

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: 349.98kcal (17.5%), Fat: 16.49g (25.37%), Saturated Fat: 8.97g (56.06%), Carbohydrates: 34.94g (11.65%), Net Carbohydrates: 32.25g (11.73%), Sugar: 3.52g (3.91%), Cholesterol: 52.43mg (17.48%), Sodium: 1008.1mg (43.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.82%), Calcium: 349.61mg (34.96%), Phosphorus: 302.78mg (30.28%), Vitamin B2: 0.36mg (21.38%), Selenium: 13.92µg (19.89%), Manganese: 0.35mg (17.69%), Vitamin C: 14.43mg (17.49%), Potassium: 605.1mg (17.29%), Vitamin B1: 0.25mg (16.79%), Vitamin B3: 3.2mg (15.98%), Zinc: 2.06mg (13.72%), Vitamin K: 12.18µg (11.6%), Vitamin B12: 0.65µg (10.84%), Fiber: 2.69g (10.75%), Iron: 1.93mg (10.71%), Vitamin A: 527.25IU (10.55%), Vitamin B6: 0.21mg (10.44%), Copper: 0.21mg (10.43%), Magnesium: 37.54mg (9.39%), Vitamin B5: 0.87mg (8.66%), Folate: 29.08µg (7.27%), Vitamin D: 0.67µg (4.49%), Vitamin E: 0.41mg (2.77%)