



## Slow-Cooker Cheesy Potato Soup with Bacon

 Gluten Free

READY IN



440 min.

SERVINGS



12

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups oscar mayer bacon fully cooked chopped
- 1 tsp pepper black
- 2 celery stalks diced
- 4 cups chicken broth
- 4 Tbsp cornstarch
- 1 cup heavy whipping cream light
- 1 cup mild cheddar cheese shredded kraft
- 1 cup onion chopped

- 6 oz greek yogurt plain
- 6 cups potatoes peeled cut into ½-inch cubes
- 1 cup velveeta cut into small cubes
- 0.5 cup water cold

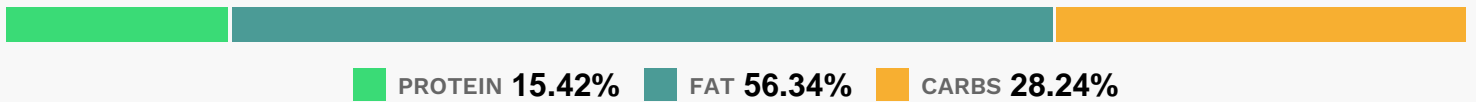
## Equipment

- bowl
- sauce pan
- stove
- slow cooker

## Directions

- PLACE chicken broth, potatoes, celery, onion and pepper into slow cooker. Cook on low for approximately 6 hours until vegetables are tender.
- ADD bacon to the slow cooker.
- COMBINE cream, VELVEETA cubes, cheese and yogurt in a saucepan on the stove. Cook over low to medium heat until hot.
- POUR cheese mixture into slow cooker, stirring constantly.
- COMBINE cornstarch and cold water in a separate bowl, mixing well. Slowly add to slow cooker. Cook 30 more minutes are serve.

## Nutrition Facts



## Properties

Glycemic Index:16.81, Glycemic Load:13.79, Inflammation Score:-5, Nutrition Score:12.3330433576%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

## Nutrients (% of daily need)

Calories: 373.87kcal (18.69%), Fat: 23.52g (36.18%), Saturated Fat: 11.05g (69.08%), Carbohydrates: 26.53g (8.84%), Net Carbohydrates: 23.92g (8.7%), Sugar: 3.92g (4.36%), Cholesterol: 61.6mg (20.53%), Sodium: 880.68mg (38.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.96%), Phosphorus: 386.65mg (38.66%), Vitamin C: 21.83mg (26.46%), Calcium: 230.85mg (23.09%), Vitamin B6: 0.43mg (21.33%), Vitamin B2: 0.34mg (20.14%), Potassium: 652.78mg (18.65%), Selenium: 10.89µg (15.56%), Vitamin B1: 0.2mg (13.28%), Vitamin B3: 2.53mg (12.65%), Manganese: 0.24mg (12.15%), Zinc: 1.7mg (11.32%), Fiber: 2.61g (10.45%), Vitamin A: 509.07IU (10.18%), Magnesium: 35.85mg (8.96%), Copper: 0.16mg (7.75%), Vitamin B12: 0.4µg (6.71%), Vitamin B5: 0.64mg (6.4%), Iron: 1.11mg (6.18%), Folate: 23.37µg (5.84%), Vitamin K: 3.28µg (3.12%), Vitamin E: 0.42mg (2.82%), Vitamin D: 0.29µg (1.96%)