



Slow Cooker Creamy Potato Soup

READY IN



420 min.

SERVINGS



6

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon cut into 1/2 inch pieces
- ☐ 21 ounce condensed chicken broth canned
- ☐ 0.5 teaspoon dill weed dried
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon ground pepper white
- ☐ 2 cups half-and-half cream
- ☐ 1 onion finely chopped
- ☐ 5 large potatoes diced

- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

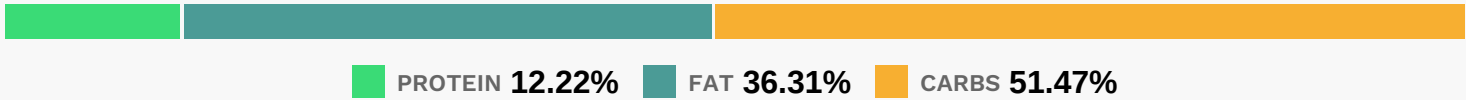
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Place bacon and onion in a large, deep skillet. Cook over medium-high heat until bacon is evenly brown and onions are soft.
- ☐ Drain off excess grease.
- ☐ Transfer the bacon and onion to a slow cooker, and stir in chicken broth, water, potatoes, salt, dill weed, and white pepper. Cover, and cook on Low 6 to 7 hours, stirring occasionally.
- ☐ In a small bowl, whisk together the flour and half-and-half. Stir into the soup along with the evaporated milk. Cover, and cook another 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:45.45, Inflammation Score:-7, Nutrition Score:24.492608951486%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg, Kaempferol: 2.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 565.93kcal (28.3%), Fat: 23.09g (35.53%), Saturated Fat: 11.43g (71.43%), Carbohydrates: 73.67g (24.56%), Net Carbohydrates: 66.25g (24.09%), Sugar: 12.9g (14.33%), Cholesterol: 61.89mg (20.63%), Sodium: 842.96mg (36.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.49g (34.97%), Vitamin C: 63.86mg

(77.41%), Vitamin B6: 1.06mg (53.19%), Potassium: 1682.5mg (48.07%), Phosphorus: 424.92mg (42.49%), Vitamin B2: 0.57mg (33.82%), Manganese: 0.63mg (31.43%), Vitamin B1: 0.47mg (31.34%), Fiber: 7.41g (29.65%), Calcium: 292.83mg (29.28%), Vitamin B3: 5.18mg (25.92%), Magnesium: 102.06mg (25.52%), Copper: 0.41mg (20.49%), Folate: 78.91µg (19.73%), Selenium: 13.31µg (19.02%), Iron: 3.3mg (18.33%), Vitamin B5: 1.72mg (17.2%), Zinc: 2.11mg (14.05%), Vitamin A: 448.42IU (8.97%), Vitamin K: 7.35µg (7%), Vitamin B12: 0.38µg (6.3%), Vitamin E: 0.47mg (3.14%)