



## Slow-Cooker Loaded Baked Potato Soup

READY IN



280 min.

SERVINGS



40

CALORIES



66 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 slices oscar mayer bacon cut into 1/2-inch pieces
- 8 oz triple cheddar cheese shredded with a touch of philadelphia, divided kraft
- 32 oz carton chicken broth fat-free divided reduced-sodium
- 0.5 cup knudsen cream sour
- 2 Tbsp flour
- 0.3 cup chives fresh chopped
- 0.5 cup milk
- 1 onion finely chopped
- 24 oz ore-ida steam n' mash cut russet potatoes

## Equipment

- bowl
- frying pan
- paper towels
- microwave
- slotted spoon
- slow cooker

## Directions

- Cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon, reserving 2 Tbsp. drippings in skillet.
- Drain bacon on paper towels; refrigerate until ready to use.
- Add onions to drippings in skillet; cook and stir 5 min. or until crisp-tender. Stir in flour; cook and stir 1 min.
- Add 1 cup broth; cook and stir 2 min. or until sauce comes to boil and thickens.
- Pour into slow cooker. Stir in remaining broth.
- Add potatoes; cover with lid. Cook on LOW 4 to 5 hours (or HIGH 2 to 3 hours).
- Use slotted spoon to transfer 4 cups potatoes to medium bowl; mash until smooth.
- Add 1-1/2 cups cheese to remaining mixture in slow cooker; stir until melted. Stir in mashed potatoes and milk; cook, covered, 5 min. or until heated through.
- Place bacon on paper towel-covered microwaveable plate. Microwave on HIGH 20 to 30 sec. or until heated through.
- Serve soup topped with bacon, remaining cheese, sour cream and chives.

## Nutrition Facts



## Properties

Glycemic Index:7.42, Glycemic Load:2.77, Inflammation Score:-1, Nutrition Score:2.2156521626141%

## Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 65.89kcal (3.29%), Fat: 4.39g (6.75%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.85g (1.4%), Sugar: 0.53g (0.58%), Cholesterol: 10.64mg (3.55%), Sodium: 161.99mg (7.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Calcium: 51mg (5.1%), Phosphorus: 50.77mg (5.08%), Selenium: 3.36µg (4.8%), Vitamin B6: 0.08mg (4.22%), Vitamin B2: 0.05mg (2.99%), Potassium: 104.14mg (2.98%), Vitamin B3: 0.52mg (2.58%), Vitamin B12: 0.15µg (2.5%), Vitamin B1: 0.04mg (2.4%), Zinc: 0.34mg (2.3%), Manganese: 0.04mg (1.89%), Vitamin A: 92.4IU (1.85%), Magnesium: 7.31mg (1.83%), Vitamin C: 1.34mg (1.63%), Vitamin B5: 0.15mg (1.53%), Copper: 0.03mg (1.41%), Folate: 5.44µg (1.36%), Iron: 0.23mg (1.3%), Fiber: 0.28g (1.14%)