



Very Easy Potato Bacon Soup

 Gluten Free

READY IN



55 min.

SERVINGS



2

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.5 teaspoon dill weed dried
- 1 tablespoon parsley dried to taste
- 0.3 teaspoon ground pepper black
- 1.8 cups milk
- 0.8 cup onion finely chopped
- 2 cups potatoes diced peeled
- 3 tablespoons real bacon bits

0.5 teaspoon salt

1.5 cups water

Equipment

sauce pan

Directions

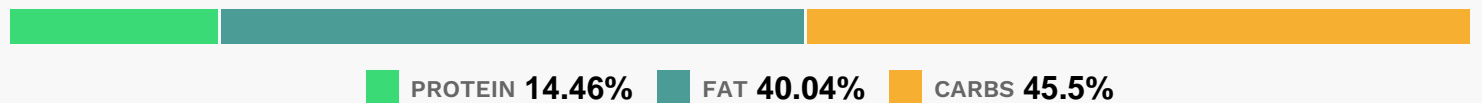
Melt butter in saucepan over medium heat; cook and stir onion until lightly browned, about 10 minutes.

Add potatoes, water, dill weed, salt, and pepper to onion; bring to a boil. Reduce heat and simmer until potatoes are tender and water is almost all evaporated, at least 30 minutes.

Stir milk and bacon bits into potato mixture; bring to a boil.

Remove from heat and stir parsley into soup.

Nutrition Facts



Properties

Glycemic Index:115.38, Glycemic Load:31.92, Inflammation Score:-8, Nutrition Score:20.990869563559%

Flavonoids

Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 6.32mg, Isorhamnetin: 6.32mg, Isorhamnetin: 6.32mg, Isorhamnetin: 6.32mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg

Nutrients (% of daily need)

Calories: 455.85kcal (22.79%), Fat: 20.76g (31.93%), Saturated Fat: 12.77g (79.79%), Carbohydrates: 53.08g (17.69%), Net Carbohydrates: 47.07g (17.12%), Sugar: 14.53g (16.15%), Cholesterol: 70.72mg (23.57%), Sodium: 1096.48mg (47.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.87g (33.74%), Vitamin C: 47.19mg (57.19%), Vitamin B6: 0.84mg (41.81%), Potassium: 1333.85mg (38.11%), Phosphorus: 362.21mg (36.22%), Calcium: 327.62mg (32.76%), Manganese: 0.55mg (27.43%), Fiber: 6g (24.02%), Vitamin B2: 0.41mg (23.99%), Magnesium: 87.54mg (21.89%), Vitamin B1: 0.32mg (21.28%), Vitamin B12: 1.18µg (19.61%), Vitamin K: 19.85µg (18.91%), Vitamin D: 2.35µg (15.66%), Vitamin B5: 1.52mg (15.21%), Vitamin A: 736.51IU (14.73%), Copper: 0.29mg (14.68%), Vitamin B3:

2.62mg (13.11%), Iron: 2.14mg (11.88%), Folate: 47.26µg (11.82%), Zinc: 1.68mg (11.23%), Selenium: 5.28µg (7.54%),
Vitamin E: 0.56mg (3.71%)