



World's Best Potato Soup

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



522 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 stalks celery diced
- ☐ 6 cubes chicken bouillon
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 pound bacon crumbled cooked
- ☐ 1 pint half-and-half cream
- ☐ 1 onion chopped
- ☐ 8 potatoes cubed unpeeled
- ☐ 2 cups cheddar cheese shredded

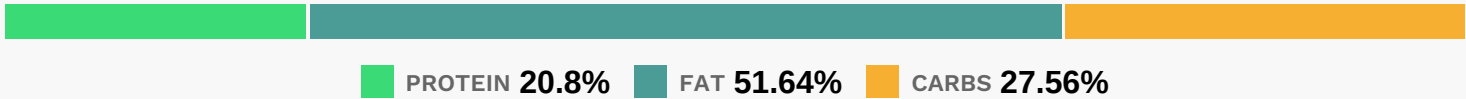
Equipment

☐ pot

Directions

- ☐ In a large stock pot combine potatoes, onions, celery, bouillon cubes and enough water to cover all ingredients. Bring to a boil and simmer on medium heat until potatoes are with in 15 minutes of being finished.
- ☐ Add half and half, bacon, cream of mushroom soup and stir until creamy.
- ☐ Add cheese and stir until completely melted. Simmer on low until potatoes are done.

Nutrition Facts



Properties

Glycemic Index:16.98, Glycemic Load:22.2, Inflammation Score:-6, Nutrition Score:20.58260856504%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 521.82kcal (26.09%), Fat: 29.96g (46.09%), Saturated Fat: 13.53g (84.54%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 31.85g (11.58%), Sugar: 3.93g (4.37%), Cholesterol: 85.59mg (28.53%), Sodium: 1174.25mg (51.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.15g (54.29%), Selenium: 31.51µg (45.01%), Phosphorus: 435.55mg (43.55%), Vitamin C: 35.06mg (42.49%), Vitamin B6: 0.82mg (40.8%), Vitamin B3: 6.93mg (34.67%), Potassium: 1098.88mg (31.4%), Vitamin B1: 0.42mg (28.26%), Calcium: 242.83mg (24.28%), Vitamin B2: 0.38mg (22.18%), Zinc: 3.26mg (21.74%), Manganese: 0.39mg (19.36%), Magnesium: 68.21mg (17.05%), Fiber: 4.12g (16.5%), Copper: 0.31mg (15.57%), Vitamin B12: 0.87µg (14.54%), Vitamin B5: 1.33mg (13.32%), Iron: 2.07mg (11.51%), Folate: 40.54µg (10.13%), Vitamin A: 450.29IU (9.01%), Vitamin K: 6.78µg (6.46%), Vitamin E: 0.52mg (3.46%), Vitamin D: 0.32µg (2.11%)