

Loaded Baked Potato Soup II

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Servings: 6

2 1/2 pounds baking potatoes
1/2 pound sliced bacon
2 tablespoons unsalted butter
1 small onion, finely chopped
2 tablespoons all-purpose flour
4 cups 2% milk
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon nutmeg
1/4 teaspoon cayenne pepper
3 cups white cheddar cheese, shredded
4 scallions, thinly sliced
6 teaspoons sour cream

Preparation Time: 20 minutes

Preheat the oven to 400 degrees.

Pierce the potatoes with a fork and bake for 50 minutes until tender. Allow to cool slightly. Scoop the potato flesh into a bowl and mash.

Meanwhile, in a large nonstick skillet, cook the bacon until crisp, about 8 minutes. Remove the bacon and crumble. Set aside. Reserve two tablespoons of bacon fat.

In a large pot, add the butter and reserved bacon fat. Heat over medium heat. Add the onion and cook for 3 minutes. Sprinkle the flour over the onion and cook for 1 minute.

Gradually whisk in the milk. Stir in the salt, pepper, nutmeg and cayenne. Add the reserved mashed potatoes and bring to a simmer. Reduce the heat to medium-low and simmer for 10 minutes, stirring occasionally. Stir in two cups of the cheese, half of the reserved bacon and half of the scallions.

Heat the broiler. Divide the soup equally among six flame-proof onion soup crocks. Sprinkle the remaining cup of cheese over the tops of the crocks. Broil four inches from the heat source for 3 minutes until the cheese melts.

Garnish each with one teaspoon of sour cream and the remaining bacon and scallions.

Start to Finish Time: 1 hour 35 minutes

Per Serving (excluding unknown items): 295 Calories; 8g Fat (24.7% calories from fat); 10g Protein; 46g Carbohydrate; 4g Dietary Fiber; 25mg Cholesterol; 276mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	295	Vitamin B6 (mg):	.6mg
% Calories from Fat:	24.7%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	61.8%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	13.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	8g	Folacin (mcg):	47mcg
Saturated Fat (g):	5g	Niacin (mg):	3mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	25mg	% Daily Value*	on on%
Carbohydrate (g):	46g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	2 1/2
Protein (g):	10g	Lean Meat:	0
Sodium (mg):	276mg	Vegetable:	1/2
Potassium (mg):	1349mg	Fruit:	0
Calcium (mg):	231mg	Non-Fat Milk:	1/2
Iron (mg):	2mg	Fat:	1 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	42mg		
Vitamin A (i.u.):	585IU		
Vitamin A (r.e.):	146 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 295 Calories from Fat: 73

% Daily Values*

Total Fat	8g	13%
Saturated Fat	5g	25%
Cholesterol	25mg	8%
Sodium	276mg	11%
Total Carbohydrates	46g	15%
Dietary Fiber	4g	15%
Protein	10g	
Vitamin A		12%
Vitamin C		70%
Calcium		23%
Iron		10%

* Percent Daily Values are based on a 2000 calorie diet.