

Loaded Baked Potato Soup III

Paula Macri - Gattuso's Bella Cucina
Scripps's Treasure Coast Newspapers

8 slices lean bacon, cooked and crumbled
2/3 cup butter
2/3 cup flour
7 cups milk
6 potatoes, baked, peeled and cubed
4 green onions, chopped
2 cups sharp cheddar cheese, shredded
1 cup sour cream
1 teaspoon salt
1 teaspoon pepper

In a large stove top pot, melt the butter over medium heat. Whisk in the flour. Allow the mixture to cook for a few minutes.

Slowly add in the milk, one cup at a time, whisking each cup as it is added into the pot so that it well mixed. Continue whisking until the mixture starts to thicken a little.

Add the cubed baked potatoes and the green onions. Bring everything to a boil, stirring frequently.

Reduce the heat to low. Stir in the bacon, cheddar cheese, sour cream, salt and pepper.

When the cheese is melted, serve immediately.

Garnish each bowl of soup with some additional cheddar cheese, crumbled bacon and green onions, if desired.

Per Serving (excluding unknown items): 4432 Calories; 303g Fat (60.9% calories from fat); 146g Protein; 293g Carbohydrate; 16g Dietary Fiber; 900mg Cholesterol; 5791mg Sodium. Exchanges: 13 Grain(Starch); 8 Lean Meat; 1 Vegetable; 7 1/2 Non-Fat Milk; 54 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	4432	Vitamin B6 (mg):	2.8mg
% Calories from Fat:	60.9%	Vitamin B12 (mcg):	8.8mcg
% Calories from Carbohydrates:	26.1%	Thiamin B1 (mg):	2.0mg

% Calories from Protein:	13.0%
Total Fat (g):	303g
Saturated Fat (g):	189g
Monounsaturated Fat (g):	87g
Polyunsaturated Fat (g):	11g
Cholesterol (mg):	900mg
Carbohydrate (g):	293g
Dietary Fiber (g):	16g
Protein (g):	146g
Sodium (mg):	5791mg
Potassium (mg):	7436mg
Calcium (mg):	4109mg
Iron (mg):	14mg
Zinc (mg):	18mg
Vitamin C (mg):	174mg
Vitamin A (i.u.):	11183IU
Vitamin A (r.e.):	3072 1/2RE

Riboflavin B2 (mg):	4.6mg
Folacin (mcg):	310mcg
Niacin (mg):	18mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	13
Lean Meat:	8
Vegetable:	1
Fruit:	0
Non-Fat Milk:	7 1/2
Fat:	54
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	4432	Calories from Fat: 2698
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% Daily Values*

Total Fat	303g	467%
Saturated Fat	189g	946%
Cholesterol	900mg	300%
Sodium	5791mg	241%
Total Carbohydrates	293g	98%
Dietary Fiber	16g	65%
Protein	146g	
Vitamin A		224%
Vitamin C		290%
Calcium		411%
Iron		75%

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