

## Loaded Potato Soup – Nutritional Information

### Description:

A thick and hearty soup made with **creamy potatoes**, **bacon**, **chives**, and a touch of **spice**.

### Serving Sizes & Nutrition

| Nutrition Facts            | Cup (~8 oz) | Bowl (~12 oz) | Quart (~32 oz) | Gallon (~128 oz) |
|----------------------------|-------------|---------------|----------------|------------------|
| <b>Calories</b>            | 310         | 460           | 1,230          | 4,920            |
| <b>Total Fat</b>           | 18 g        | 27 g          | 72 g           | 288 g            |
| • Saturated Fat            | 9 g         | 13 g          | 35 g           | 140 g            |
| <b>Cholesterol</b>         | 35 mg       | 55 mg         | 140 mg         | 560 mg           |
| <b>Sodium</b>              | 800 mg      | 1,200 mg      | 3,200 mg       | 12,800 mg        |
| <b>Total Carbohydrates</b> | 27 g        | 40 g          | 110 g          | 440 g            |
| • Dietary Fiber            | 2 g         | 3 g           | 8 g            | 32 g             |
| • Total Sugars             | 3 g         | 5 g           | 13 g           | 52 g             |
| <b>Protein</b>             | 9 g         | 14 g          | 36 g           | 144 g            |
| <b>Allergens</b>           | <i>Milk</i> | <i>Milk</i>   | <i>Milk</i>    | <i>Milk</i>      |

### Notes:

- High in **fat and sodium**, as expected for a creamy soup with bacon and cheese.
- Great as a warm, filling side or main option.
- **Milk/dairy** is the main allergen – contains cream and possibly cheese.