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Cheddar Baked Potato Soup ♦♦

Cheddar Baked Potato Soup is a creamy and comforting soup made with cheddar cheese and baked potatoes. It is a popular dish that is often enjoyed during the colder months. The soup is typically served as an appetizer or as a main course with crusty bread on the side.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	potatoes
200 g	cheddar cheese
100 g	onion
50 g	butter
50 g	all-purpose flour

1000 ml	chicken broth
500 ml	milk
1 tsp	salt
0.5 tsp	black pepper
100 g	sour cream
10 g	Chives

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C). Wash and scrub the potatoes. Pierce them with a fork several times and place them on a baking sheet. Bake for 45-60 minutes or until tender. Let them cool slightly.

Prep Time: 10 mins

Cook Time: 60 mins

Step 2

Stove

In a large pot, melt the butter over medium heat. Add the chopped onion and cook until softened, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Stir in the flour and cook for 1 minute. Gradually whisk in the chicken broth and milk. Bring to a boil, then reduce heat and simmer for 5 minutes, stirring occasionally.

Prep Time: 1 mins

Cook Time: 5 mins

Step 4

Stove

Peel the baked potatoes and cut them into small cubes. Add the potatoes to the pot and simmer for an additional 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Blender

Remove the pot from heat. Use an immersion blender to blend the soup until smooth and creamy. Alternatively, transfer the soup to a blender and blend in batches until smooth. Return the soup to the pot.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Stove

Stir in the grated cheddar cheese until melted and smooth. Season with salt and black pepper to taste.

Prep Time: 1 mins

Cook Time: 5 mins

Step 7

Serving

Serve the soup hot, garnished with a dollop of sour cream and chopped chives.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Winter

Fall

Events

Christmas

Baby Shower

Barbecue

Cuisines

Italian

Chinese

American

Meal Type

Breakfast

Dinner

Lunch

Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Difficulty Level

Easy

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