

# Pressure Cooker Baked Potato Soup

## Ingredients:

- 4 lb russet potatoes, peeled and cut in 1-inch pieces
- 8 green onions, thinly sliced, white and green parts separated
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 carton (32 oz) unsalted chicken broth
- 1 package (8 oz) fat free cream cheese, cubed, softened
- 1 carton (5 oz) plain nonfat Greek yogurt
- 1 cup 2% shredded cheddar cheese

## Directions:

1. Add potatoes, green onion whites, salt, and pepper to pressure cooker insert. Stir in broth. Secure lid; and close pressure valve.
2. Cook on high pressure 6 minutes. Once cooking is complete, move pressure valve to venting to quick-release pressure.
3. Mash potatoes in pot; stir in cream cheese and Greek yogurt until combined.
4. Spoon into bowls. Top with cheddar cheese and green onion greens.

Nutrition Facts	
Servings: 8	
Amount per serving	
<b>Calories</b>	<b>275</b>
% Daily Value*	
<b>Total Fat</b> 6.6g	<b>8%</b>
Saturated Fat 3.9g	<b>20%</b>
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 318mg	<b>14%</b>
<b>Total Carbohydrate</b> 40.6g	<b>15%</b>
Dietary Fiber 5.8g	<b>21%</b>
Total Sugars 3g	
<b>Protein</b> 14.9g	

## Nutrition Facts

Serving Size: 1 Serving

<b>Calories</b> 360	<b>Calories from Fat</b> 140	
<b>Total Fat</b>	16g	25%
Saturated Fat	9g	45%
Trans Fat	0g	
<b>Cholesterol</b>	45mg	16%
<b>Sodium</b>	820mg	34%
<b>Potassium</b>	830mg	24%
<b>Total Carbohydrate</b>	43g	14%
Dietary Fiber	3g	13%
Sugars	5g	
<b>Protein</b>	10g	

# DO POTATOES

**MAKE YOU FAT?**

*The potato is not the problem*  
**THE PROBLEM IS THE WAY IT'S COOKED**



**BOILED POTATO**

**87 CALORIES**  
per 100g



**BAKED POTATO**

**93 CALORIES**  
per 100g



**ROAST POTATO**

**149 CALORIES**  
per 100g



**FRENCH FRIES**

**312 CALORIES**  
per 100g



**HASH BROWNS**

**326 CALORIES**  
per 100g



**POTATO CHIPS**

**545 CALORIES**  
per 100g

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References: USDA Food Composition Databases