



American Chowder

READY IN



45 min.

SERVINGS



45

CALORIES



51 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp butter
- 1 cup celery sliced
- 2 Tbsp flour
- 2 cups milk
- 1 large onion sliced
- 0.3 tsp pepper
- 4 cups potatoes cubed
- 12 oz oscar mayer smokies sliced
- 2 cups water

8 oz velveeta®

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Equipment

sauce pan

Directions

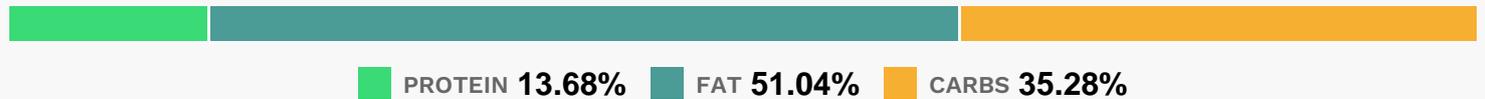
Cook and stir onion in butter in large saucepan on medium-high heat until tender.

Add potatoes, water, celery and pepper. Bring to boil. Reduce heat to medium-low; cover. Simmer 15 minutes or until vegetables are tender.

Stir small amount of the milk into flour until well blended. Gradually add flour mixture to hot vegetable mixture, stirring constantly. Stir in remaining milk and the Smokies; cook until mixture boils and thickens, stirring constantly.

Add VELVEETA; cook until completely melted, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:6.39, Glycemic Load:2.84, Inflammation Score:-1, Nutrition Score:1.7352174144724%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 51kcal (2.55%), Fat: 2.92g (4.5%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.03g (1.47%), Sugar: 0.95g (1.05%), Cholesterol: 6.14mg (2.05%), Sodium: 90.83mg (3.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Vitamin C: 3.99mg (4.84%), Phosphorus: 39.65mg (3.96%), Potassium: 119.4mg (3.41%), Vitamin B6: 0.07mg (3.38%), Fiber: 0.52g (2.06%), Copper: 0.04mg (1.99%), Manganese: 0.04mg (1.96%), Magnesium: 7.68mg (1.92%), Calcium: 18.68mg (1.87%), Zinc: 0.26mg (1.73%), Vitamin B1: 0.03mg (1.71%), Vitamin B2: 0.03mg (1.47%), Iron: 0.26mg (1.46%), Folate: 5.05µg (1.26%), Vitamin B3: 0.24mg (1.2%), Vitamin B5: 0.11mg (1.07%), Vitamin K: 1.08µg (1.03%), Vitamin A: 50.4IU (1.01%)