



Broccoli-Chicken Chowder

READY IN



30 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli florets frozen
- ☐ 2 tablespoons butter
- ☐ 0.5 cup celery sliced
- ☐ 0.5 cup carrots chopped
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon thyme leaves dried fresh chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups milk
- ☐ 10.5 oz cream of chicken soup canned

- ☐ 2 cups roasted chicken diced cooked
- ☐ 4 oz cheddar cheese shredded

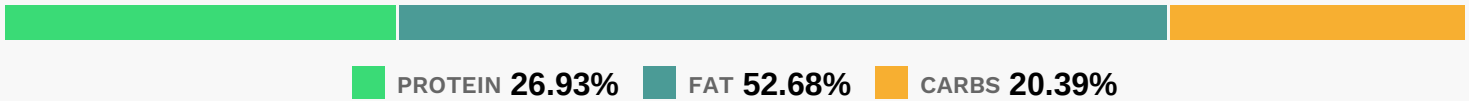
Equipment

- ☐ sauce pan

Directions

- ☐ Cook broccoli as directed on package.
- ☐ Drain.
- ☐ Meanwhile, in 4-quart saucepan, melt butter over medium heat.
- ☐ Add celery, carrot, onion and thyme; cook 5 to 7 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Stir in flour until well blended.
- ☐ Add milk and broth; cook until mixture boils and thickens, stirring constantly.
- ☐ Stir in chicken and cooked broccoli; simmer about 5 minutes, stirring occasionally, until hot.
- ☐ Add cheese; stir until melted.

Nutrition Facts



Properties

Glycemic Index:91.46, Glycemic Load:10.16, Inflammation Score:-10, Nutrition Score:25.579565131146%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

Nutrients (% of daily need)

Calories: 468.51kcal (23.43%), Fat: 27.48g (42.27%), Saturated Fat: 10.93g (68.33%), Carbohydrates: 23.94g (7.98%), Net Carbohydrates: 21.36g (7.77%), Sugar: 7.78g (8.65%), Cholesterol: 97.78mg (32.59%), Sodium:

898.55mg (39.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.6g (63.21%), Vitamin A: 3884.24IU (77.68%), Vitamin C: 44.85mg (54.36%), Vitamin K: 56.36µg (53.68%), Selenium: 32.39µg (46.26%), Phosphorus: 436.94mg (43.69%), Calcium: 375.13mg (37.51%), Vitamin B3: 6.91mg (34.56%), Vitamin B2: 0.51mg (29.95%), Vitamin B6: 0.51mg (25.61%), Zinc: 3.05mg (20.31%), Potassium: 638.14mg (18.23%), Vitamin B5: 1.69mg (16.93%), Folate: 67.01µg (16.75%), Vitamin B12: 1µg (16.74%), Vitamin B1: 0.23mg (15.53%), Manganese: 0.3mg (14.89%), Iron: 2.59mg (14.41%), Magnesium: 54.65mg (13.66%), Fiber: 2.58g (10.33%), Copper: 0.2mg (10.2%), Vitamin E: 1.38mg (9.21%), Vitamin D: 1.18µg (7.84%)