



Buffalo Chicken Soup

 Popular

READY IN



35 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup buffalo wing sauce to taste
- 0.3 cup butter
- 3 stalks celery diced
- 1 cube chicken bouillon
- 2 cups meat from a rotisserie chicken cubed cooked
- 0.3 cup flour all-purpose
- 0.8 cup half-and-half cream
- 1 small onion diced

- 8 servings salt and pepper to taste
- 1.5 cups cheddar cheese shredded
- 3 cups water

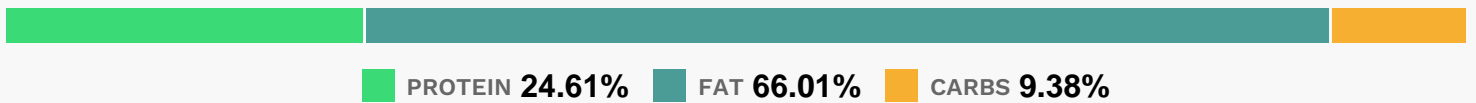
Equipment

- pot

Directions

- Melt the butter in a large pot over medium-high heat; cook the celery and onion in the melted butter until tender, about 5 minutes.
- Add the flour and allow to cook until absorbed, about 2 minutes more. Slowly stir the half-and-half and water into the mixture. Dissolve the bouillon in the liquid. Stir in the chicken, buffalo wing sauce, and Cheddar cheese. Season with salt and pepper. Reduce heat to medium-low. Stirring occasionally, allow the soup to simmer until the the cheese has melted completely, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:2.54, Inflammation Score:-4, Nutrition Score:7.6952173606209%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 245.3kcal (12.27%), Fat: 17.96g (27.63%), Saturated Fat: 9.96g (62.24%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 5.25g (1.91%), Sugar: 1.59g (1.77%), Cholesterol: 70.63mg (23.54%), Sodium: 665.37mg (28.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.13%), Selenium: 16.83µg (24.05%), Phosphorus: 197.85mg (19.79%), Calcium: 191.36mg (19.14%), Vitamin B3: 3.09mg (15.43%), Vitamin B2: 0.22mg (13.03%), Vitamin A: 551.76IU (11.04%), Zinc: 1.48mg (9.84%), Vitamin B6: 0.19mg (9.65%), Vitamin B12: 0.38µg (6.35%), Vitamin B5: 0.57mg (5.66%), Vitamin K: 5.74µg (5.47%), Folate: 21.31µg (5.33%), Potassium: 184.12mg (5.26%), Magnesium:

19.76mg (4.94%), Vitamin B1: 0.07mg (4.86%), Iron: 0.7mg (3.9%), Manganese: 0.06mg (3.11%), Copper: 0.06mg (2.88%), Vitamin E: 0.42mg (2.83%), Fiber: 0.49g (1.98%), Vitamin C: 1.32mg (1.6%)