



Buffalo Chicken Wing Soup

 Gluten Free

READY IN



245 min.

SERVINGS



8

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 cups milk 2%
- 32.3 ounces cream of chicken soup undiluted canned
- 1 pound chicken shredded cooked
- 1 cup cream sour
- 0.3 cup hot sauce louisiana-style
- 1 serving hot sauce sliced

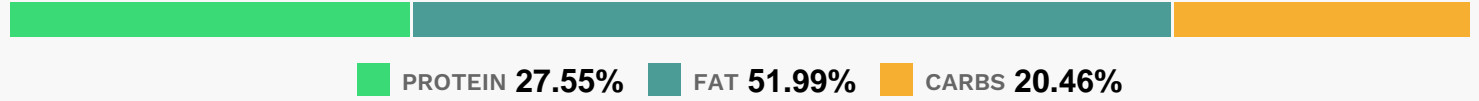
Equipment

- slow cooker

Directions

- In a 5-qt. slow cooker, mix the first 5 ingredients. Cook, covered, on low until heated through and flavors are blended, 4-5 hours. If desired, top servings with celery and additional hot sauce.

Nutrition Facts



Properties

Glycemic Index:5.38, Glycemic Load:3.52, Inflammation Score:-5, Nutrition Score:12.376521788214%

Nutrients (% of daily need)

Calories: 329.04kcal (16.45%), Fat: 18.88g (29.04%), Saturated Fat: 7.73g (48.3%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 16.7g (6.07%), Sugar: 9.16g (10.17%), Cholesterol: 80.43mg (26.81%), Sodium: 1121.59mg (48.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.51g (45.02%), Phosphorus: 302.67mg (30.27%), Selenium: 20.87µg (29.82%), Vitamin B2: 0.46mg (27.25%), Vitamin B3: 5.1mg (25.49%), Calcium: 229.44mg (22.94%), Vitamin B12: 1.01µg (16.78%), Vitamin B6: 0.31mg (15.6%), Vitamin B5: 1.4mg (14.01%), Zinc: 2mg (13.36%), Potassium: 439.1mg (12.55%), Vitamin A: 572.98IU (11.46%), Iron: 1.98mg (11.02%), Copper: 0.19mg (9.74%), Magnesium: 35.95mg (8.99%), Vitamin B1: 0.12mg (7.73%), Vitamin C: 6.29mg (7.62%), Manganese: 0.11mg (5.74%), Vitamin K: 5.59µg (5.33%), Vitamin E: 0.78mg (5.2%), Folate: 14.67µg (3.67%)