



Campbell's Kitchen Cheesy Chicken Chowder

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21.5 ounce condensed cream of cheddar cheese soup canned
- 3 cups roasted chicken cubed cooked
- 4 spring onion sliced
- 21.5 ounce milk canned
- 1.5 cups picante sauce pace®
- 1 medium bell pepper green red finely chopped
- 6 servings cream sour

Equipment

frying pan

sauce pan

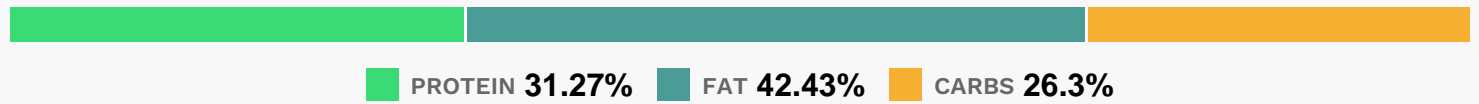
Directions

Heat the soup, milk, picante sauce, pepper and onions in a 3-quart saucepan over medium heat to a boil. Reduce the heat to low. Cook for 5 minutes or until the vegetables are tender, stirring occasionally.

Stir the chicken in the skillet and cook until the mixture is hot and bubbling.

Serve with the sour cream.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:1.98, Inflammation Score:-7, Nutrition Score:15.242608526479%

Flavonoids

Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 309.27kcal (15.46%), Fat: 14.49g (22.29%), Saturated Fat: 6.03g (37.72%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 17.67g (6.43%), Sugar: 10.07g (11.19%), Cholesterol: 75.83mg (25.28%), Sodium: 1055.41mg (45.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.02g (48.04%), Vitamin B3: 6.5mg (32.5%), Selenium: 20.23µg (28.9%), Potassium: 1011.33mg (28.9%), Phosphorus: 273.85mg (27.38%), Vitamin B6: 0.52mg (25.88%), Vitamin A: 1142.56IU (22.85%), Vitamin C: 18.79mg (22.78%), Calcium: 203.92mg (20.39%), Vitamin K: 21.24µg (20.23%), Vitamin B2: 0.3mg (17.41%), Vitamin B12: 0.78µg (12.95%), Vitamin B5: 1.26mg (12.57%), Zinc: 1.71mg (11.38%), Magnesium: 41.42mg (10.36%), Fiber: 2.53g (10.11%), Vitamin B1: 0.14mg (9.41%), Vitamin D: 1.12µg (7.45%), Iron: 1.31mg (7.3%), Vitamin E: 1.01mg (6.71%), Manganese: 0.13mg (6.39%), Copper: 0.11mg (5.25%), Folate: 13.92µg (3.48%)