



Canadian Cheese Soup with Pumpernickel Croutons

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 carrots peeled quartered
- ☐ 1 celery stalk quartered
- ☐ 32 ounce less-sodium chicken broth fat-free divided canned
- ☐ 0.8 cup flour all-purpose
- ☐ 3 cups milk 2% reduced-fat
- ☐ 1 onion peeled quartered
- ☐ 0.5 teaspoon paprika

- ☐ 3 ounce pumpernickel bread cut into 1/2-inch cubes
- ☐ 0.5 teaspoon salt
- ☐ 6 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 1 teaspoon stick margarine

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Place bread cubes on a jelly-roll pan, and bake at 375 for 15 minutes or until toasted.
- ☐ While the croutons bake, combine onion, carrot, and celery in a food processor, and pulse until chopped. Melt butter in a large saucepan over medium-high heat.
- ☐ Add vegetables; saut 5 minutes or until tender.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife. Gradually add 1 can of broth to flour in a medium bowl; stir well with a whisk.
- ☐ Add flour mixture to pan. Stir in 1 can of broth; bring to a boil. Reduce heat to medium, and cook 10 minutes or until thick. Stir in milk, salt, paprika, and pepper; cook for 10 minutes.
- ☐ Remove from heat; add the cheese, and stir until cheese melts. Ladle soup into bowls, and top with croutons.

Nutrition Facts



 **PROTEIN 19.84%**  **FAT 41.7%**  **CARBS 38.46%**

Properties

Glycemic Index:38.85, Glycemic Load:9.6, Inflammation Score:-8, Nutrition Score:11.131304321082%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 218.56kcal (10.93%), Fat: 10.17g (15.64%), Saturated Fat: 5.38g (33.59%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 19.56g (7.11%), Sugar: 5.77g (6.41%), Cholesterol: 28.34mg (9.45%), Sodium: 865.52mg (37.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.77%), Vitamin A: 1663.96IU (33.28%), Calcium: 277.04mg (27.7%), Selenium: 17.39µg (24.85%), Phosphorus: 230.36mg (23.04%), Vitamin B2: 0.38mg (22.47%), Vitamin B12: 0.92µg (15.36%), Manganese: 0.29mg (14.66%), Vitamin B1: 0.19mg (12.5%), Folate: 45.69µg (11.42%), Zinc: 1.52mg (10.11%), Vitamin B3: 1.85mg (9.26%), Potassium: 259.52mg (7.41%), Magnesium: 27.73mg (6.93%), Vitamin B5: 0.68mg (6.78%), Iron: 1.15mg (6.4%), Fiber: 1.54g (6.15%), Vitamin B6: 0.11mg (5.66%), Copper: 0.09mg (4.64%), Vitamin E: 0.35mg (2.33%), Vitamin K: 2.32µg (2.21%), Vitamin C: 1.66mg (2.01%)