



Cheddar Cheese Soup

READY IN



35 min.

SERVINGS



35

CALORIES



53 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 1 extra large chicken bouillon cube
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 0.5 small bell pepper green finely chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 cups milk

- ☐ 1 small onion finely chopped
- ☐ 8 oz block sharp cheddar cheese shredded

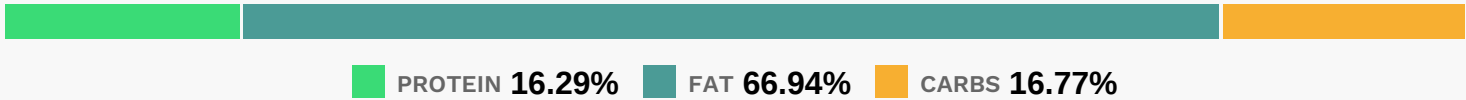
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a 3-qt. saucepan over medium-high heat; add carrots and next 4 ingredients, and saut 5 to 7 minutes or until tender.
- ☐ Sprinkle flour over vegetable mixture, and stir until coated. Stir in bouillon cube, milk, and 3 cups water; cook, stirring occasionally, 10 to 11 minutes or until mixture is slightly thickened and bubbly.
- ☐ Add shredded cheese and red pepper, stirring until well blended.
- ☐ Serve immediately.
- ☐ Layer guacamole, tomato slices sprinkled with salt and pepper, bacon slices, and arugula between whole grain bread slices.

Nutrition Facts



Properties

Glycemic Index:10.51, Glycemic Load:1.07, Inflammation Score:-3, Nutrition Score:2.0486956523812%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 53.33kcal (2.67%), Fat: 4.01g (6.16%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 2.09g (0.76%), Sugar: 0.94g (1.04%), Cholesterol: 11.65mg (3.88%), Sodium: 87.97mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin A: 449.91IU (9%), Calcium: 65.82mg (6.58%), Phosphorus: 47.71mg (4.77%), Selenium: 2.59µg (3.71%), Vitamin B2: 0.06mg (3.4%), Vitamin B12: 0.15µg

(2.45%), Zinc: 0.32mg (2.12%), Vitamin B1: 0.02mg (1.51%), Vitamin C: 1.22mg (1.47%), Vitamin D: 0.19µg (1.28%), Folate: 5µg (1.25%), Potassium: 43.27mg (1.24%), Vitamin B6: 0.02mg (1.22%), Magnesium: 4.53mg (1.13%), Manganese: 0.02mg (1.03%), Vitamin K: 1.08µg (1.03%)