



Cheddar Potato Soup

 Vegetarian

READY IN



32 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup green onion chopped 1 large
- ☐ 0.5 teaspoon ground pepper
- ☐ 32 ounce no-salt-added chicken broth canned
- ☐ 1 cup onion frozen chopped
- ☐ 5 cups potatoes shredded frozen
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat

☐

12 ounce evaporated skimmed milk canned

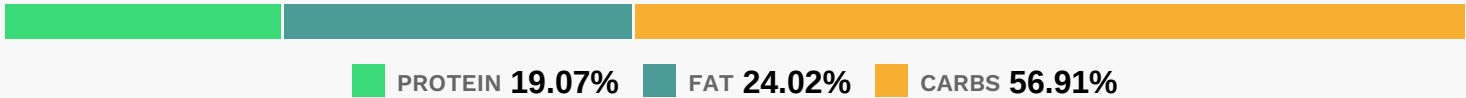
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Combine first 5 ingredients in a Dutch oven; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes.
- ☐ Combine flour and milk in a small bowl, stirring until smooth.
- ☐ Add to potato mixture. Cook over medium heat, stirring constantly, 5 minutes or until thickened.
- ☐ Pour half of potato mixture into container of an electric blender; cover and process until smooth, stopping once to scrape down sides.
- ☐ Pour into a large bowl. Repeat procedure with remaining half of potato mixture.
- ☐ Return mixture to Dutch oven.
- ☐ Add cheese; cook over medium heat, stirring until cheese melts. Ladle soup into individual bowls; sprinkle each serving evenly with green onion.

Nutrition Facts



Properties

Glycemic Index:51.67, Glycemic Load:25.46, Inflammation Score:-6, Nutrition Score:16.157826086749%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 277.29kcal (13.86%), Fat: 7.6g (11.7%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 40.53g (13.51%), Net Carbohydrates: 35.98g (13.08%), Sugar: 5.76g (6.39%), Cholesterol: 20.6mg (6.87%), Sodium: 398.54mg (17.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.58g (27.16%), Vitamin C: 37.49mg (45.45%), Vitamin B6: 0.61mg (30.71%), Phosphorus: 305.09mg (30.51%), Potassium: 1035.22mg (29.58%), Calcium: 246.88mg (24.69%), Vitamin B3: 4.2mg (21.01%), Fiber: 4.56g (18.23%), Manganese: 0.35mg (17.67%), Vitamin B2: 0.28mg (16.66%), Vitamin K: 15.67µg (14.92%), Copper: 0.29mg (14.72%), Magnesium: 58.29mg (14.57%), Vitamin B1: 0.21mg (14.16%), Folate: 46.33µg (11.58%), Selenium: 8.03µg (11.47%), Vitamin B12: 0.68µg (11.34%), Zinc: 1.69mg (11.3%), Iron: 1.98mg (11.03%), Vitamin B5: 0.85mg (8.49%), Vitamin A: 365.37IU (7.31%), Vitamin D: 0.74µg (4.91%), Vitamin E: 0.2mg (1.32%)