



Cheese, Broccoli, and Chicken Soup

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large head broccoli fresh cut into bite size pieces
- 64 fluid ounce chicken broth
- 4 cups rice instant uncooked
- 1 small onion chopped
- 8 ounces processed cheese food shredded
- 8 servings salt and pepper to taste
- 1 cup cheddar cheese shredded
- 1 pound chicken breast halves boneless skinless chopped

2 tablespoons vegetable oil

Equipment

frying pan

pot

Directions

Heat the oil in a skillet over medium heat. Cook the onion and chicken in the skillet 5 minutes, or until chicken juices run clear; drain.

Bring the chicken broth to a boil in a large pot, and stir in the broccoli, processed cheese food, and Cheddar cheese.

Mix in the chicken and onion. Season with salt and pepper. Stir in rice, and continue cooking 5 minutes, stirring frequently, until cheeses are melted, and broccoli and rice are tender.

Nutrition Facts

 **PROTEIN 19.47%**  **FAT 28.55%**  **CARBS 51.98%**

Properties

Glycemic Index:21.77, Glycemic Load:46.05, Inflammation Score:-8, Nutrition Score:30.173913458119%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 6.02mg, Kaempferol: 6.02mg, Kaempferol: 6.02mg, Kaempferol: 6.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 638.66kcal (31.93%), Fat: 20.08g (30.89%), Saturated Fat: 8.96g (55.99%), Carbohydrates: 82.25g (27.42%), Net Carbohydrates: 78.92g (28.7%), Sugar: 3.48g (3.87%), Cholesterol: 83.49mg (27.83%), Sodium: 1733.35mg (75.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.82g (61.63%), Vitamin C: 69.12mg (83.78%), Vitamin K: 85.09µg (81.04%), Manganese: 1.31mg (65.41%), Selenium: 44.73µg (63.89%), Phosphorus: 534.02mg (53.4%), Calcium: 472.17mg (47.22%), Vitamin B3: 8.44mg (42.18%), Vitamin B6: 0.74mg (37.25%), Vitamin B2: 0.46mg (27.15%), Vitamin B5: 2.39mg (23.86%), Zinc: 3.05mg (20.36%), Potassium: 660.01mg (18.86%), Vitamin A: 904.83IU (18.1%), Magnesium: 68.26mg (17.06%), Folate: 64.44µg (16.11%), Copper: 0.31mg (15.64%), Vitamin B1: 0.22mg (14.47%), Fiber: 3.33g (13.31%), Vitamin B12: 0.74µg (12.26%), Iron: 1.89mg (10.51%), Vitamin E:

1.51mg (10.06%), Vitamin D: 0.31 μ g (2.08%)