

Cheese Soup I

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery chopped
- ☐ 4 cubes chicken bouillon
- ☐ 16 ounce vegetables mixed frozen
- ☐ 2 tablespoons butter
- ☐ 2.5 cups milk
- ☐ 0.5 cup onion chopped
- ☐ 2 cups potatoes cubed
- ☐ 1 pound processed cheese food cubed eg. Velveeta

☐ 2.5 cups water

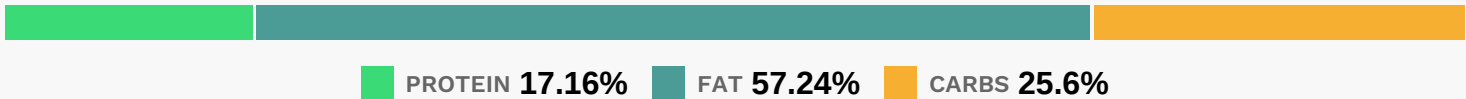
Equipment

☐ pot

Directions

- ☐ In a large pot boil the chopped celery, chopped onion, potatoes, mixed vegetables, bouillon cubes and water until all the vegetables are tender.
- ☐ Add the Velveeta® milk and butter or margarine.
- ☐ Heat until hot and serve.

Nutrition Facts



Properties

Glycemic Index:42.13, Glycemic Load:15.08, Inflammation Score:-10, Nutrition Score:25.190434870513%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 485.02kcal (24.25%), Fat: 31.54g (48.53%), Saturated Fat: 16.43g (102.67%), Carbohydrates: 31.74g (10.58%), Net Carbohydrates: 26.68g (9.7%), Sugar: 7.94g (8.82%), Cholesterol: 87.8mg (29.27%), Sodium: 1407.23mg (61.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.56%), Vitamin A: 4962.19IU (99.24%), Calcium: 956.55mg (95.66%), Phosphorus: 680.77mg (68.08%), Vitamin B12: 1.69µg (28.13%), Vitamin C: 23.17mg (28.08%), Selenium: 17.85µg (25.5%), Vitamin B2: 0.42mg (24.64%), Potassium: 772.49mg (22.07%), Vitamin B6: 0.41mg (20.54%), Fiber: 5.06g (20.24%), Zinc: 2.9mg (19.31%), Manganese: 0.36mg (18.06%), Magnesium: 70.42mg (17.61%), Vitamin B1: 0.23mg (15.11%), Folate: 47.82µg (11.95%), Vitamin B5: 1.08mg (10.76%), Vitamin D: 1.57µg (10.48%), Copper: 0.21mg (10.43%), Iron: 1.8mg (10.01%), Vitamin B3: 1.92mg (9.6%), Vitamin K: 8.59µg (8.18%), Vitamin E: 0.86mg (5.7%)