



## Cheese Soup II

READY IN



45 min.

SERVINGS



15

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 16 ounce broccoli frozen chopped
- 2 cups carrots sliced
- 2 cups celery chopped
- 6 cubes chicken bouillon
- 0.5 cup flour all-purpose
- 1 tablespoon ground mustard
- 0.5 teaspoon ground pepper black
- 0.5 cup butter
- 2 cups milk

- 1 cup onion chopped
- 5 cups potatoes cubed
- 2 pounds processed cheese food cubed (eg. Velveeta)
- 1 tablespoon salt
- 2.5 cups water

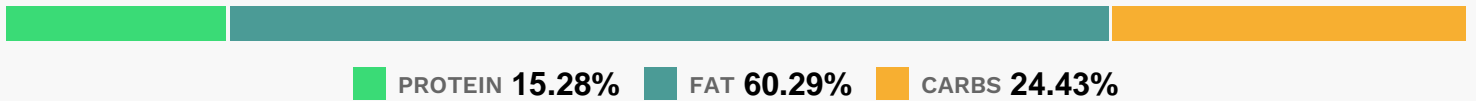
## Equipment

- bowl
- casserole dish
- microwave

## Directions

- In a 4 quart casserole dish combine cubed potatoes, carrots, celery, onion, water and salt. Microwave on high for 15 minutes or until vegetables are crisp tender.
- Stir in broccoli, bouillon cubes, margarine, dry mustard, pepper, and processed cheese. Set aside.
- In a small bowl combine the milk and flour and blend until smooth. Slowly add to cheese mixture, stirring until blended. Microwave on medium-high (70 percent) for 20 minutes, or until temperature reaches 160 degrees.

## Nutrition Facts



## Properties

Glycemic Index:26.24, Glycemic Load:13.65, Inflammation Score:-10, Nutrition Score:22.204782921335%

## Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

## Nutrients (% of daily need)

Calories: 393.35kcal (19.67%), Fat: 26.82g (41.26%), Saturated Fat: 12.87g (80.47%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 21.06g (7.66%), Sugar: 5.48g (6.09%), Cholesterol: 64.38mg (21.46%), Sodium: 1600.3mg (69.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.3g (30.59%), Vitamin A: 3997.03IU (79.94%), Calcium: 714.03mg (71.4%), Vitamin C: 43.03mg (52.15%), Phosphorus: 502.91mg (50.29%), Vitamin K: 40.23µg (38.32%), Selenium: 16.32µg (23.31%), Potassium: 636.18mg (18.18%), Vitamin B12: 1.09µg (18.17%), Vitamin B6: 0.36mg (18.14%), Vitamin B2: 0.29mg (17.02%), Manganese: 0.3mg (14.91%), Zinc: 2.11mg (14.04%), Fiber: 3.39g (13.55%), Folate: 53.68µg (13.42%), Magnesium: 50.07mg (12.52%), Vitamin B1: 0.16mg (10.74%), Vitamin B5: 0.87mg (8.68%), Iron: 1.5mg (8.31%), Vitamin E: 1.16mg (7.7%), Copper: 0.15mg (7.59%), Vitamin B3: 1.51mg (7.53%), Vitamin D: 0.72µg (4.8%)