



Cheeseburger Chowder

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21.5 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or)
- 1 cup seasoned croutons pepperidge farm®
- 1 pound ground beef
- 21.5 ounce milk canned
- 1 large onion chopped
- 1 cup cheddar cheese shredded finely

Equipment

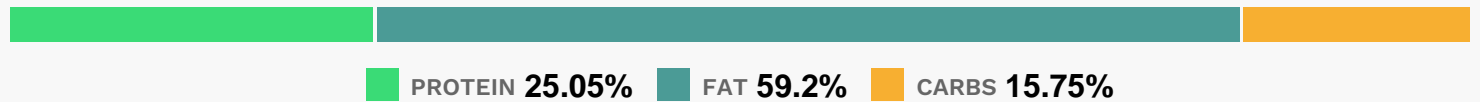
- bowl

sauce pan

Directions

- Cook the beef and onion in a 3-quart saucepan over medium-high heat until the beef is well browned, stirring often to break up meat.
- Pour off any fat.
- Stir the soup and milk in the saucepan. Cook until the mixture is hot and bubbling. Stir in 1/2 cup cheese. Cook and stir until the cheese is melted.
- Divide the soup among 8 serving bowls. Top each bowl with 1 tablespoon remaining cheese and 2 tablespoons croutons.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:3.68, Inflammation Score:-4, Nutrition Score:11.923478250918%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 316.6kcal (15.83%), Fat: 20.68g (31.81%), Saturated Fat: 9.46g (59.12%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 11.71g (4.26%), Sugar: 4.51g (5.01%), Cholesterol: 67.33mg (22.44%), Sodium: 726.43mg (31.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.37%), Vitamin B12: 1.9µg (31.61%), Zinc: 4.1mg (27.36%), Phosphorus: 263.07mg (26.31%), Selenium: 15.45µg (22.07%), Calcium: 213.99mg (21.4%), Vitamin B2: 0.31mg (18.37%), Vitamin B3: 3.4mg (16.98%), Vitamin B6: 0.29mg (14.67%), Manganese: 0.28mg (14.08%), Potassium: 406.27mg (11.61%), Copper: 0.21mg (10.29%), Iron: 1.85mg (10.27%), Vitamin B5: 0.81mg (8.11%), Vitamin B1: 0.12mg (7.89%), Magnesium: 30.97mg (7.74%), Vitamin D: 0.98µg (6.53%), Vitamin A: 265.33IU (5.31%), Folate: 20.78µg (5.2%), Fiber: 0.66g (2.65%), Vitamin E: 0.38mg (2.53%), Vitamin C: 1.39mg (1.68%), Vitamin K: 1.66µg (1.58%)