



## Cheeseburger Chowder



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 lb ground beef 80% lean (at least )
- ☐ 1 can creamy peanut butter light 99% with bacon & cheese soup (1 lb 2.5 oz)
- ☐ 1 cup milk
- ☐ 0.3 cup processed cheese food with bacon (from 5-oz jar)
- ☐ 1 oz cheese shredded prepared
- ☐ 1 serving tomatoes chopped
- ☐ 1 serving spring onion sliced

## Equipment

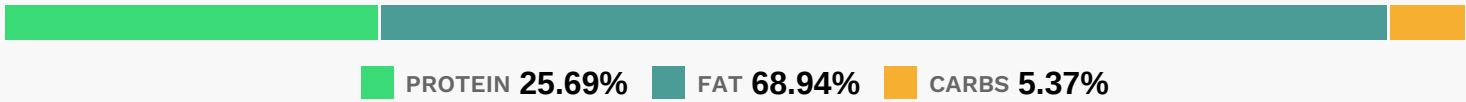
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sauce pan

## Directions

- ☐ In 2-quart saucepan, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain.
- ☐ Add soup and milk; mix well.
- ☐ Heat to boiling. Reduce heat to low.
- ☐ Add cheese spread; cook and stir until cheese spread is melted. Top individual servings with shredded cheese, tomato and onions.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:1.71, Inflammation Score:-5, Nutrition Score:15.386086930399%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 396.08kcal (19.8%), Fat: 30.04g (46.22%), Saturated Fat: 12.81g (80.09%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.67g (1.7%), Sugar: 4.4g (4.89%), Cholesterol: 103.67mg (34.56%), Sodium: 295.28mg (12.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.38%), Vitamin B12: 2.96µg (49.37%), Zinc: 5.56mg (37.05%), Phosphorus: 341.53mg (34.15%), Selenium: 21.96µg (31.37%), Vitamin B3: 5.18mg (25.88%), Calcium: 242.69mg (24.27%), Vitamin B6: 0.45mg (22.56%), Vitamin B2: 0.31mg (18.47%), Potassium: 526.88mg (15.05%), Iron: 2.41mg (13.41%), Vitamin A: 642.33IU (12.85%), Magnesium: 36.46mg (9.11%), Vitamin B5: 0.91mg (9.05%), Vitamin K: 9.28µg (8.84%), Vitamin C: 6.45mg (7.81%), Vitamin B1: 0.1mg (6.94%), Vitamin E: 0.89mg (5.95%), Vitamin D: 0.88µg (5.86%), Copper: 0.1mg (5.25%), Folate: 18.05µg (4.51%), Manganese: 0.08mg (3.77%), Fiber: 0.59g (2.36%)