



Cheeseburger Chowder



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 oz cheese shredded prepared
- ☐ 4 servings spring onion sliced
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 cup milk
- ☐ 1 can potatoes light 99% with bacon & cheese soup (1 lb 2.5 oz)
- ☐ 0.3 cup sharp cheddar cheese with bacon (from 5-oz jar)
- ☐ 4 servings tomatoes chopped

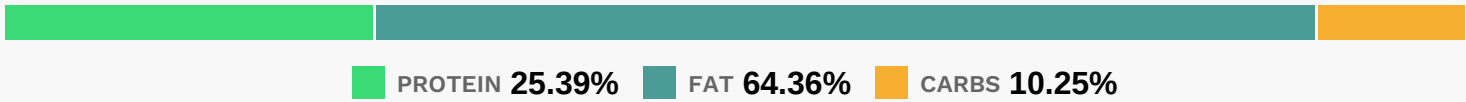
Equipment

☐ 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:61.44, Glycemic Load:3.14, Inflammation Score:-8, Nutrition Score:20.886087044426%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 416.88kcal (20.84%), Fat: 29.81g (45.87%), Saturated Fat: 12.6g (78.78%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 8.36g (3.04%), Sugar: 7.86g (8.73%), Cholesterol: 101.98mg (33.99%), Sodium: 201.67mg (8.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.47g (52.93%), Vitamin B12: 2.91µg (48.44%), Zinc: 5.84mg (38.93%), Vitamin A: 1799.83IU (36%), Phosphorus: 351.15mg (35.11%), Selenium: 22.21µg (31.73%), Vitamin C: 25.84mg (31.32%), Vitamin B3: 5.97mg (29.84%), Vitamin B6: 0.56mg (28.08%), Vitamin K: 29.21µg (27.82%), Potassium: 852.78mg (24.37%), Calcium: 217.83mg (21.78%), Vitamin B2: 0.35mg (20.79%), Iron: 2.8mg (15.55%), Magnesium: 51.48mg (12.87%), Manganese: 0.23mg (11.52%), Vitamin E: 1.61mg (10.71%), Vitamin B1: 0.16mg (10.47%), Folate: 41.79µg (10.45%), Vitamin B5: 1.02mg (10.21%), Copper: 0.19mg (9.3%), Fiber: 2.32g (9.29%), Vitamin D: 0.87µg (5.8%)