



Cheeseburger Chowder

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



37 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 oz canned tomatoes diced undrained canned
- 28 oz chicken broth fat-free reduced-sodium canned
- 2 Tbsp flour
- 0.5 lb ground beef
- 1 onion chopped
- 4 tsp claussen pickle relish sweet
- 40 tops saltine crackers unsalted
- 12 oz velveeta cut into 1/2-inch cubes

12 oz velveeta cut into 1/2-inch cubes

Equipment

bowl

sauce pan

Directions

Brown meat with onions in large saucepan; drain.

Stir in flour; cook and stir 2 min.

Add broth and tomatoes; cook on medium-low heat 5 min. or until heated through. Stir in VELVEETA; cook and stir 8 to 10 min. or until VELVEETA is completely melted and soup is heated through.

Spoon into soup bowls; top with relish.

Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:2.91, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:1.7121739157516%

Flavonoids

Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 37.25kcal (1.86%), Fat: 1.66g (2.55%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.58g (1.3%), Sugar: 0.66g (0.73%), Cholesterol: 4.6mg (1.53%), Sodium: 150.93mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin B3: 0.74mg (3.68%), Vitamin B12: 0.19µg (3.12%), Selenium: 2µg (2.85%), Iron: 0.49mg (2.74%), Vitamin B1: 0.04mg (2.57%), Manganese: 0.05mg (2.4%), Vitamin B2: 0.04mg (2.39%), Vitamin B6: 0.04mg (2.21%), Zinc: 0.32mg (2.16%), Phosphorus: 19.92mg (1.99%), Folate: 7.6µg (1.9%), Vitamin K: 1.82µg (1.73%), Potassium: 56.78mg (1.62%), Vitamin C: 1.33mg (1.61%), Copper: 0.02mg (1.17%), Fiber: 0.28g (1.14%)