



Cheeseburger Soup

READY IN



45 min.

SERVINGS



8

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon beef bouillon granules
- ☐ 2 carrots grated peeled
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.5 pound bacon crumbled cooked
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 1 pound ground beef drained
- ☐ 1 jalapeno seeded chopped
- ☐ 2.5 cups milk divided

- ☐ 1 onion chopped
- ☐ 8 oz pasteurized process cheese spread cubed
- ☐ 2 cups potatoes cubed peeled
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups water

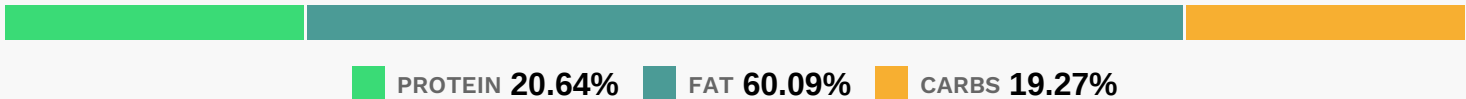
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 8 ingredients in large saucepan; bring to a boil over medium heat. Reduce heat and simmer until potatoes are tender. Stir in ground beef and 2 cups milk.
- ☐ Whisk together flour and remaining milk in a small bowl until smooth; gradually whisk into soup. Bring to a boil; cook 2 minutes or until thick and bubbly, stirring constantly. Reduce heat; add cheese and stir until melted.
- ☐ Add cayenne pepper, if desired. Top with bacon just before serving.

Nutrition Facts



Properties

Glycemic Index:45.57, Glycemic Load:10.45, Inflammation Score:-9, Nutrition Score:18.573913118114%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 474.79kcal (23.74%), Fat: 30.6g (47.08%), Saturated Fat: 11.79g (73.7%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 20.12g (7.32%), Sugar: 8.14g (9.05%), Cholesterol: 92.96mg (30.99%), Sodium: 1149.01mg (49.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.29%), Vitamin A: 2985.61IU (59.71%), Selenium: 25.76µg (36.8%), Vitamin B12: 1.94µg (32.34%), Phosphorus: 321.5mg (32.15%), Vitamin B3: 6.39mg (31.95%), Vitamin B6: 0.59mg (29.49%), Zinc: 3.8mg (25.31%), Calcium: 227.88mg (22.79%), Vitamin B1: 0.31mg (20.61%), Potassium: 711.49mg (20.33%), Vitamin C: 16.35mg (19.82%), Vitamin B2: 0.3mg (17.76%), Vitamin B5: 1.12mg (11.22%), Iron: 2.01mg (11.19%), Magnesium: 44.69mg (11.17%), Manganese: 0.17mg (8.3%), Fiber: 1.97g (7.86%), Copper: 0.15mg (7.37%), Vitamin D: 1.01µg (6.73%), Folate: 23.78µg (5.94%), Vitamin K: 4.7µg (4.48%), Vitamin E: 0.58mg (3.88%)