



Cheeseburger Soup

READY IN



70 min.

SERVINGS



30

CALORIES



103 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.8 cup carrots shredded
- ☐ 0.8 cup celery chopped
- ☐ 6 cups chicken broth
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon parsley dried
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 pound ground beef lean
- ☐ 1.5 cups milk

- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 2 pounds potatoes diced peeled
- ☐ 0.8 pound processed american cheese cubed reduced-fat
- ☐ 0.8 teaspoon salt

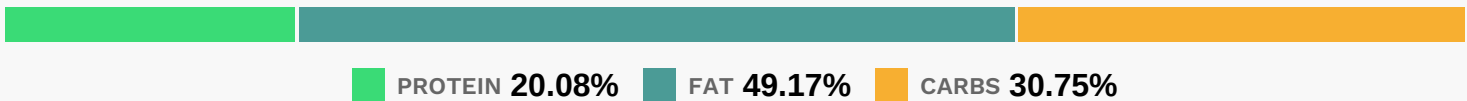
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cook ground beef in a Dutch oven over medium-high heat about 3 minutes, stirring until meat crumbles.
- ☐ Add onion and next 4 ingredients, and saut 4 minutes or until beef is no longer pink.
- ☐ Drain well. Return beef mixture to Dutch oven.
- ☐ Stir in chicken broth and potatoes. Bring to a boil; cover, reduce heat, and simmer 10 to 12 minutes or until potatoes are tender.
- ☐ Melt 3 tablespoons butter in a nonstick skillet over medium heat. Gradually stir in flour, and cook, stirring constantly, 2 to 3 minutes or until flour is lightly browned.
- ☐ Whisk flour mixture into simmering beef mixture; bring to a boil. Reduce heat, and simmer 6 minutes or until thickened.
- ☐ Whisk in cheese and next 3 ingredients just until cheese melts.
- ☐ Serve with Easy Breadsticks, if desired.

Nutrition Facts



Properties

Glycemic Index:12.05, Glycemic Load:4.94, Inflammation Score:-5, Nutrition Score:5.4565217443134%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 102.61kcal (5.13%), Fat: 5.65g (8.7%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 7.07g (2.57%), Sugar: 1.58g (1.76%), Cholesterol: 18.43mg (6.14%), Sodium: 451.04mg (19.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.39%), Vitamin A: 725.03IU (14.5%), Calcium: 143.92mg (14.39%), Phosphorus: 123.2mg (12.32%), Vitamin C: 6.43mg (7.79%), Vitamin B6: 0.14mg (7.15%), Vitamin B12: 0.42µg (6.94%), Selenium: 4.5µg (6.43%), Potassium: 219.02mg (6.26%), Vitamin B2: 0.1mg (6.07%), Zinc: 0.86mg (5.76%), Manganese: 0.1mg (4.97%), Vitamin B3: 0.97mg (4.83%), Vitamin B1: 0.06mg (3.86%), Magnesium: 15.01mg (3.75%), Fiber: 0.89g (3.56%), Iron: 0.62mg (3.46%), Copper: 0.06mg (2.85%), Vitamin K: 2.78µg (2.64%), Vitamin B5: 0.26mg (2.58%), Folate: 10.18µg (2.55%), Vitamin E: 0.22mg (1.44%), Vitamin D: 0.21µg (1.4%)