



## Cheesy Chicken and Ham Chowder

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 37 oz potatoes with broccoli & cheese chowder traditional canned
- ☐ 1 cup chicken breast strips/pre-cooked/chopped cubed cooked
- ☐ 1 cup finely-chopped ham diced cooked
- ☐ 4 oz cheddar cheese shredded

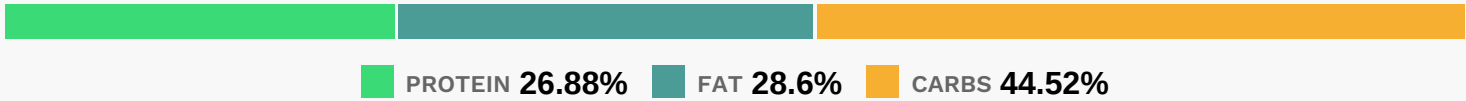
## Equipment

- ☐ sauce pan

# Directions

- ☐ In 3-quart saucepan, heat soup, chicken and ham over medium-high heat 5 minutes, stirring occasionally.
- ☐ Slowly stir in cheese. Cook about 2 minutes, stirring frequently, until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:27.69, Glycemic Load:33.72, Inflammation Score:-6, Nutrition Score:22.750000057013%

## Flavonoids

Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

## Nutrients (% of daily need)

Calories: 417.43kcal (20.87%), Fat: 13.28g (20.43%), Saturated Fat: 6.35g (39.66%), Carbohydrates: 46.5g (15.5%), Net Carbohydrates: 40.73g (14.81%), Sugar: 2.14g (2.38%), Cholesterol: 78.72mg (26.24%), Sodium: 553.33mg (24.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.16%), Vitamin C: 58.24mg (70.6%), Vitamin B6: 1.08mg (53.77%), Phosphorus: 441.6mg (44.16%), Vitamin B3: 8.58mg (42.91%), Potassium: 1294.81mg (36.99%), Selenium: 24.06µg (34.38%), Vitamin B1: 0.39mg (26.15%), Calcium: 238.84mg (23.88%), Fiber: 5.77g (23.08%), Manganese: 0.42mg (21.16%), Magnesium: 84.05mg (21.01%), Vitamin B2: 0.32mg (18.59%), Zinc: 2.78mg (18.54%), Copper: 0.34mg (17.1%), Iron: 2.69mg (14.97%), Vitamin B5: 1.48mg (14.78%), Vitamin B12: 0.82µg (13.63%), Folate: 50.16µg (12.54%), Vitamin A: 296.66IU (5.93%), Vitamin K: 5.77µg (5.49%), Vitamin E: 0.33mg (2.22%), Vitamin D: 0.21µg (1.37%)