



Cheesy Chicken-Vegetable Chowder



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup onion chopped
- ☐ 2 cups savory vegetable mixed frozen
- ☐ 2 cups hash browns frozen southern-style (from 32-oz. pkg.)
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 14 oz chicken broth canned
- ☐ 6 oz mild cheddar cheese with jalapeño peppers (from 16-oz. pkg.), cubed (1 1/4 cups) prepared

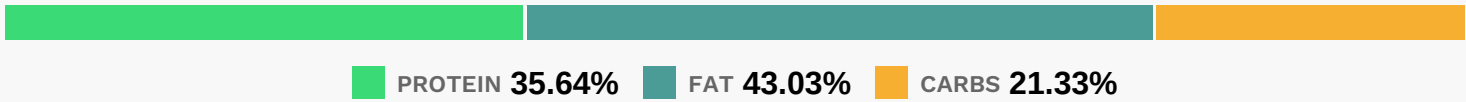
Equipment

☐ sauce pan

Directions

- ☐ Melt butter in large saucepan over medium heat.
- ☐ Add onion; cook 2 to 3 minutes or until crisp-tender, stirring frequently.
- ☐ Add all remaining ingredients except cheese. Bring to a boil. Reduce heat; cover and simmer 8 to 10 minutes or until potatoes and vegetables are tender.
- ☐ Add cheese; cook over medium-low heat until cheese is melted and smooth, and soup is thoroughly heated, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:9.88, Inflammation Score:-10, Nutrition Score:28.381304284801%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 651.47kcal (32.57%), Fat: 31.1g (47.84%), Saturated Fat: 12.52g (78.23%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 29.23g (10.63%), Sugar: 0.99g (1.1%), Cholesterol: 144.64mg (48.21%), Sodium: 908.54mg (39.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.96g (115.93%), Vitamin A: 5376.99IU (107.54%), Selenium: 48.29µg (68.99%), Phosphorus: 590.62mg (59.06%), Vitamin B3: 10.83mg (54.15%), Zinc: 5.77mg (38.46%), Calcium: 361.84mg (36.18%), Vitamin B6: 0.71mg (35.39%), Vitamin B2: 0.49mg (28.73%), Vitamin B12: 1.65µg (27.49%), Potassium: 867.7mg (24.79%), Vitamin C: 19.56mg (23.71%), Iron: 4.14mg (23%), Fiber: 5.45g (21.8%), Manganese: 0.42mg (20.86%), Magnesium: 80.53mg (20.13%), Vitamin B1: 0.28mg (18.54%), Copper: 0.3mg (15%), Vitamin B5: 1.37mg (13.71%), Folate: 48.84µg (12.21%), Vitamin E: 0.75mg (4.99%), Vitamin K: 3.38µg (3.22%), Vitamin D: 0.35µg (2.36%)