



Cheesy Chili Soup

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



49 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz kidney beans rinsed canned
- 28 oz canned tomatoes diced undrained canned
- 2 carrots chopped
- 2 stalks celery chopped
- 14 oz chicken broth canned
- 2 tsp chili powder
- 1 onion chopped
- 1 cup milk four cheese shredded 2% mexican style divided kraft finely

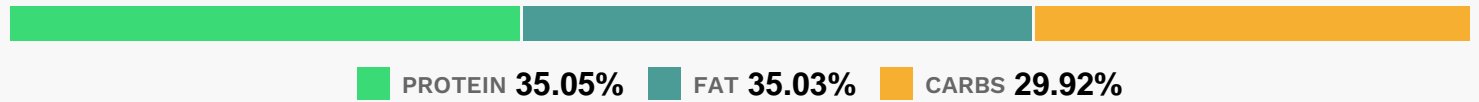
Equipment

- bowl
- sauce pan
- ladle

Directions

- Bring all ingredients except cheese to boil in medium saucepan.
- Simmer on low heat 25 min. or until vegetables are tender. Stir in 1/3 cup cheese.
- Ladle into bowls. Top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:5.28, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:3.4160869665768%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 49.47kcal (2.47%), Fat: 1.95g (3%), Saturated Fat: 0.85g (5.28%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 2.64g (0.96%), Sugar: 1.1g (1.23%), Cholesterol: 9.48mg (3.16%), Sodium: 173.94mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin A: 703.09IU (14.06%), Phosphorus: 52.12mg (5.21%), Fiber: 1.11g (4.45%), Vitamin B6: 0.09mg (4.41%), Vitamin B2: 0.07mg (4.34%), Selenium: 2.95µg (4.21%), Calcium: 36.57mg (3.66%), Zinc: 0.54mg (3.58%), Manganese: 0.07mg (3.4%), Potassium: 118.93mg (3.4%), Iron: 0.6mg (3.31%), Vitamin C: 2.72mg (3.29%), Vitamin B12: 0.19µg (3.1%), Vitamin B3: 0.6mg (3%), Vitamin K: 2.8µg (2.67%), Magnesium: 10.32mg (2.58%), Vitamin B1: 0.03mg (2.29%), Copper: 0.05mg (2.28%), Folate: 8.7µg (2.17%), Vitamin E: 0.29mg (1.93%), Vitamin B5: 0.1mg (1.04%)