



## Cheesy Potato Chowder

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 lb potatoes – remove skin red unpeeled cut into 1/2-inch cubes
- ☐ 32 oz chicken broth reduced-sodium (4 cups)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 3.5 cups broccoli frozen
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup skim milk fat-free (skim)
- ☐ 8 oz sharp cheddar cheese shredded 2% reduced-fat (2 cups)

- ☐ 0.5 cup cream fat-free sour
- ☐ 0.3 cup spring onion chopped

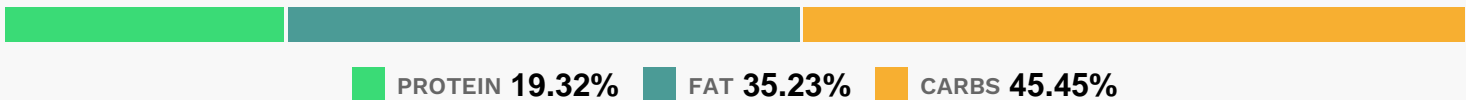
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ dutch oven

## Directions

- ☐ In 5-quart Dutch oven, place potatoes; add just enough water to cover.
- ☐ Heat to boiling. Reduce heat; cover and simmer 10 to 15 minutes or until potatoes are very tender.
- ☐ Drain. Reserve 1 cup potatoes; return remaining potatoes to saucepan. In small bowl, mash reserved potatoes with fork; return to saucepan.
- ☐ Stir in broth, salt and pepper.
- ☐ Heat to boiling.
- ☐ Add broccoli. Return to boiling; cook uncovered 4 minutes, stirring occasionally. Reduce heat to medium.
- ☐ In small bowl, stir flour into milk with wire whisk until well mixed.
- ☐ Add milk mixture to potato mixture, stirring constantly. Cook over medium heat, stirring frequently, until mixture thickens and boils. Stir in cheese until melted and smooth. Stir in sour cream and green onions; cook until thoroughly heated.
- ☐ To serve, ladle soup into bowls.

## Nutrition Facts



## Properties

Glycemic Index:28.91, Glycemic Load:4.12, Inflammation Score:-7, Nutrition Score:16.979565143585%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 256.26kcal (12.81%), Fat: 10.26g (15.79%), Saturated Fat: 5.57g (34.8%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 26.62g (9.68%), Sugar: 4.39g (4.88%), Cholesterol: 32.83mg (10.94%), Sodium: 818.03mg (35.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.33%), Vitamin C: 44.68mg (54.16%), Vitamin K: 49.93µg (47.55%), Calcium: 296.47mg (29.65%), Phosphorus: 282.36mg (28.24%), Potassium: 765.44mg (21.87%), Vitamin B2: 0.36mg (21.31%), Selenium: 13.17µg (18.82%), Manganese: 0.35mg (17.67%), Folate: 64.37µg (16.09%), Vitamin B6: 0.3mg (15.25%), Vitamin B1: 0.22mg (14.46%), Vitamin A: 665.09IU (13.3%), Zinc: 1.91mg (12.75%), Fiber: 3.18g (12.73%), Magnesium: 48.92mg (12.23%), Vitamin B3: 2.18mg (10.92%), Copper: 0.21mg (10.6%), Vitamin B12: 0.54µg (9.07%), Iron: 1.53mg (8.53%), Vitamin B5: 0.8mg (8.01%), Vitamin E: 0.59mg (3.94%), Vitamin D: 0.51µg (3.38%)