



Cheesy Potato Soup

READY IN



30 min.

SERVINGS



4

CALORIES



231 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 2 tablespoons green onions chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.3 cups milk 1% low-fat
- ☐ 0.8 cup lower-sodium chicken broth fat-free
- ☐ 1 cup onion chopped
- ☐ 1 pound potatoes red chopped
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat

☐ 0.5 cup water

Equipment

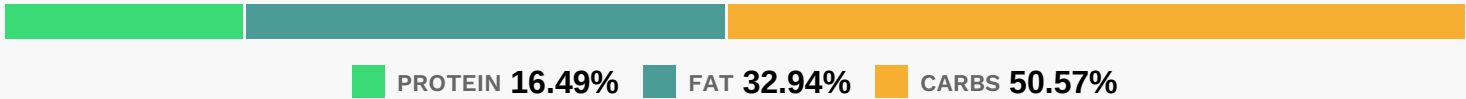
☐ frying pan

☐ sauce pan

Directions

- ☐ Melt butter in a medium saucepan over medium-high heat.
- ☐ Add onion to pan; saut 5 minutes or until onion is tender.
- ☐ Sprinkle with flour; cook 1 minute, stirring onion mixture constantly.
- ☐ Add potato, milk, broth, and 1/2 cup water to pan; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Add 1/2 cup reduced-fat sharp cheddar cheese and ground red pepper; cook 2 minutes or until cheese melts, stirring frequently. Top each serving evenly with 1 1/2 teaspoons chopped green onions.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:3.56, Inflammation Score:-6, Nutrition Score:11.321739176045%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg

Nutrients (% of daily need)

Calories: 231.05kcal (11.55%), Fat: 8.62g (13.26%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 29.77g (9.92%), Net Carbohydrates: 26.95g (9.8%), Sugar: 6.95g (7.73%), Cholesterol: 25.39mg (8.46%), Sodium: 250.55mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.41%), Potassium: 807.93mg (23.08%), Phosphorus: 228.85mg (22.89%), Calcium: 218.36mg (21.84%), Vitamin C: 13.32mg (16.15%), Vitamin B6: 0.3mg (15.02%), Vitamin B2: 0.24mg (14.06%), Vitamin B1: 0.2mg (13.02%), Manganese: 0.25mg (12.66%), Selenium: 7.97µg

(11.39%), Fiber: 2.83g (11.32%), Magnesium: 43.72mg (10.93%), Folate: 43.13µg (10.78%), Vitamin B12: 0.61µg (10.1%), Vitamin K: 10.38µg (9.89%), Copper: 0.19mg (9.36%), Zinc: 1.33mg (8.88%), Vitamin A: 438.7IU (8.77%), Vitamin B3: 1.74mg (8.7%), Vitamin B5: 0.72mg (7.17%), Iron: 1.2mg (6.68%), Vitamin D: 0.9µg (5.98%), Vitamin E: 0.26mg (1.73%)