



Cheesy Spinach Soup

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



20 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups milk fat-free
- 10 oz pkt spinach frozen cooked drained chopped well
- 0.1 tsp ground nutmeg
- 1 Tbsp reduced calorie margarine soft
- 8 oz milk velveeta 2% cut into 1/2-inch cubes
- 0.3 cup onions chopped
- 1 dash pepper

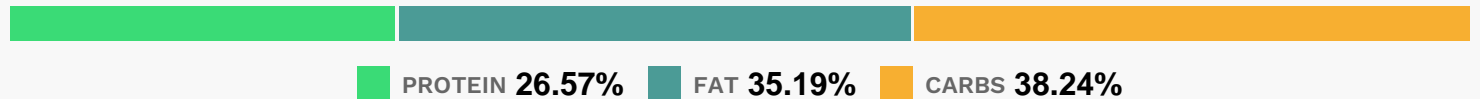
Equipment

sauce pan

Directions

- Melt margarine in medium saucepan on medium heat.
- Add onions; cook and stir until tender.
- Add remaining ingredients; cook on low heat until VELVEETA is melted and soup is heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:8.01, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:5.0004347238852%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 20.13kcal (1.01%), Fat: 0.83g (1.27%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.57g (1.75%), Cholesterol: 1.68mg (0.56%), Sodium: 25.22mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Vitamin K: 42.22µg (40.21%), Vitamin A: 1404.48IU (28.09%), Calcium: 52.23mg (5.22%), Folate: 17.15µg (4.29%), Manganese: 0.08mg (4.18%), Vitamin B2: 0.06mg (3.78%), Phosphorus: 36.31mg (3.63%), Magnesium: 12.15mg (3.04%), Vitamin B12: 0.16µg (2.72%), Potassium: 88.24mg (2.52%), Vitamin E: 0.35mg (2.34%), Vitamin D: 0.32µg (2.1%), Vitamin B6: 0.04mg (1.92%), Vitamin B1: 0.03mg (1.84%), Selenium: 1.25µg (1.79%), Fiber: 0.36g (1.44%), Zinc: 0.19mg (1.28%), Iron: 0.22mg (1.21%), Vitamin B5: 0.12mg (1.17%)