



Cheesy Tuna-Vegetable Chowder

READY IN



20 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.1 teaspoon pepper
- ☐ 2 cups milk
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 2 cups savory vegetable mixed frozen
- ☐ 0.3 teaspoon marjoram dried crushed

- ☐ 4 oz processed cheese food shredded
- ☐ 10 oz tuna flaked drained canned

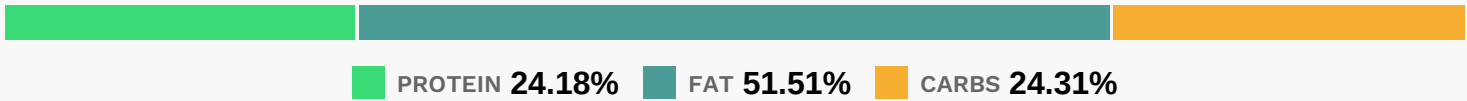
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, melt butter over medium heat.
- ☐ Add onion; cook and stir until tender. Reduce heat to low. Stir in flour, mustard and pepper; cook and stir until mixture is smooth and bubbly.
- ☐ Gradually stir in milk and broth. Stir in frozen vegetables and marjoram.
- ☐ Heat to boiling over medium heat, stirring occasionally. Reduce heat to low; cover and simmer 3 to 5 minutes or until vegetables are crisp-tender.
- ☐ Add cheese and tuna; heat, stirring gently, until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:11.06, Inflammation Score:-10, Nutrition Score:26.536956356919%

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: 443.82kcal (22.19%), Fat: 25.79g (39.68%), Saturated Fat: 10.04g (62.75%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 23.14g (8.42%), Sugar: 7.65g (8.5%), Cholesterol: 69.68mg (23.23%), Sodium: 1070.82mg (46.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.24g (54.48%), Vitamin A: 5636.91IU (112.74%), Selenium: 59.97µg (85.67%), Calcium: 495.26mg (49.53%), Vitamin B12: 2.93µg (48.86%), Phosphorus: 477.77mg (47.78%), Vitamin B3: 8.95mg (44.74%), Vitamin B2: 0.45mg (26.76%), Vitamin B6: 0.43mg (21.69%), Vitamin B1: 0.29mg (19.42%), Manganese: 0.37mg (18.63%), Potassium: 594.94mg (17%), Fiber: 4.24g (16.96%), Magnesium: 65.94mg (16.48%), Vitamin D: 2.36µg (15.75%), Iron: 2.71mg (15.04%), Zinc: 2.23mg (14.86%), Vitamin C: 10.99mg (13.33%), Folate: 50.16µg (12.54%), Vitamin B5: 0.9mg (9.01%), Copper: 0.16mg (8.16%), Vitamin E: 1.01mg

(6.71%), Vitamin K: 1.5µg (1.43%)