



Cheesy Vegetable Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



864 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 carrots sliced
- ☐ 5 rib celery sliced
- ☐ 4 servings garnish: celery leaves
- ☐ 16 ounce pasteurized cheese product cubed prepared
- ☐ 3.5 cups chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 2 cups milk

- ☐ 1 tablespoon mustard prepared
- ☐ 1 medium onion chopped
- ☐ 0.1 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 2 ounce pimientos diced undrained
- ☐ 1 large potatoes cut into 1/4-inch cubes
- ☐ 14.5 ounce kernel corn whole rinsed drained canned

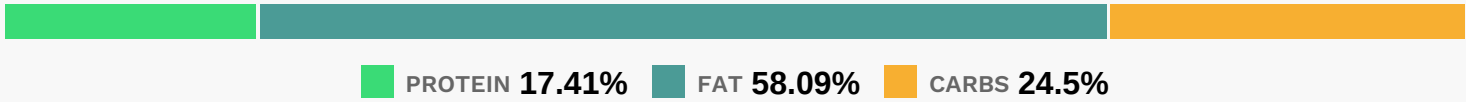
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Bring first 6 ingredients to a boil in a Dutch oven. Cover, reduce heat, and simmer 20 minutes or until potato is tender. Stir in corn; remove from heat.
- ☐ Melt butter in a heavy saucepan over low heat; add flour, stirring until mixture is smooth. Cook, stirring constantly, 1 minute.
- ☐ Stir in milk and next 5 ingredients. Cook, stirring constantly, until cheese melts. Gradually stir cheese mixture into vegetable mixture.
- ☐ Cook over medium heat, stirring constantly, until soup is thoroughly heated.
- ☐ Garnish, if desired, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:128.9, Glycemic Load:21.4, Inflammation Score:-10, Nutrition Score:33.910000013269%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,

Isorhamnetin: 1.38mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 863.66kcal (43.18%), Fat: 56.28g (86.58%), Saturated Fat: 26.75g (167.17%), Carbohydrates: 53.42g (17.81%), Net Carbohydrates: 48.84g (17.76%), Sugar: 11.77g (13.08%), Cholesterol: 132.15mg (44.05%), Sodium: 1936.16mg (84.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.94g (75.88%), Vitamin A: 9911.52IU (198.23%), Calcium: 1006.29mg (100.63%), Phosphorus: 790.32mg (79.03%), Selenium: 39.77µg (56.81%), Vitamin B2: 0.93mg (54.61%), Vitamin C: 39.74mg (48.17%), Zinc: 5.64mg (37.63%), Vitamin B12: 1.92µg (31.94%), Potassium: 1060.71mg (30.31%), Vitamin B6: 0.58mg (28.91%), Manganese: 0.52mg (26.21%), Folate: 98.87µg (24.72%), Magnesium: 93.77mg (23.44%), Vitamin B1: 0.35mg (23.44%), Fiber: 4.58g (18.33%), Vitamin B3: 3.51mg (17.53%), Vitamin B5: 1.45mg (14.46%), Vitamin D: 2.02µg (13.48%), Copper: 0.26mg (13%), Vitamin K: 13.44µg (12.8%), Vitamin E: 1.91mg (12.76%), Iron: 2.22mg (12.35%)