



WHATSheATE



Cheesy Vegetable Soup



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups carrots diced



2 cups celery diced



3 pound meat from a rotisserie chicken



4 chicken bouillon cubes



1 onion chopped



1 teaspoon pepper



16 ounce process cheese spread loaf cubed



2 cups potatoes diced

- ☐ 2 cups rice uncooked quick
- ☐ 1 teaspoon salt
- ☐ 2 cups water
- ☐ 8 cups water

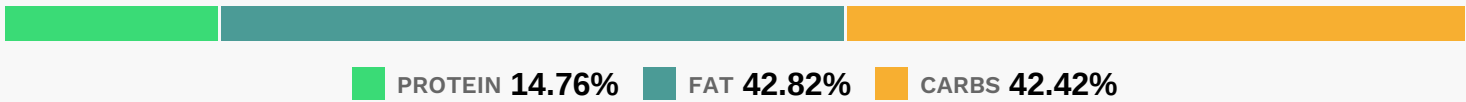
Equipment

- ☐ dutch oven

Directions

- ☐ Bring first 4 ingredients to a boil in a Dutch oven; cover, reduce heat, and simmer 1 hour or until tender.
- ☐ Remove chicken, reserving broth in Dutch oven.
- ☐ Skin, bone, and chop chicken. Return chicken to broth.
- ☐ Add onion and next 6 ingredients.
- ☐ Bring chicken mixture to a boil; reduce heat, and simmer, stirring occasionally, 1 hour and 30 minutes.
- ☐ Add cheese, and cook, stirring often, until cheese melts (do not boil).

Nutrition Facts



Properties

Glycemic Index:35.35, Glycemic Load:30.41, Inflammation Score:-10, Nutrition Score:19.705217283705%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 588.12kcal (29.41%), Fat: 26.47g (40.72%), Saturated Fat: 8.87g (55.43%), Carbohydrates: 58.98g (19.66%), Net Carbohydrates: 55.63g (20.23%), Sugar: 8.41g (9.34%), Cholesterol: 92.42mg (30.81%), Sodium: 1476.07mg (64.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.53g (41.05%), Vitamin A: 6091.72IU (121.83%), Vitamin B3: 7.31mg (36.55%), Manganese: 0.72mg (36.21%), Vitamin B6: 0.6mg (29.93%), Selenium: 19.67µg (28.1%), Calcium: 272.11mg (27.21%), Vitamin C: 19.07mg (23.11%), Phosphorus: 228.1mg (22.81%), Potassium: 626.21mg (17.89%), Vitamin B5: 1.55mg (15.49%), Copper: 0.28mg (13.86%), Vitamin K: 14.35µg (13.67%), Fiber: 3.35g (13.41%), Magnesium: 52.47mg (13.12%), Zinc: 1.89mg (12.63%), Vitamin B2: 0.18mg (10.77%), Vitamin B1: 0.16mg (10.56%), Iron: 1.74mg (9.65%), Folate: 35.46µg (8.87%), Vitamin B12: 0.26µg (4.32%), Vitamin E: 0.6mg (3.97%), Vitamin D: 0.16µg (1.09%)