



Cheesy Vegetable Soup I

READY IN



45 min.

SERVINGS



4

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli chopped
- 1 cup carrots chopped
- 1 cup cauliflower chopped
- 3 teaspoons chicken powder
- 0.3 cup flour all-purpose
- 4 servings pepper black to taste
- 2 cups half and half
- 0.5 cup butter
- 0.3 cup onion chopped

- 2 cups cheddar cheese shredded
- 2.5 cups water

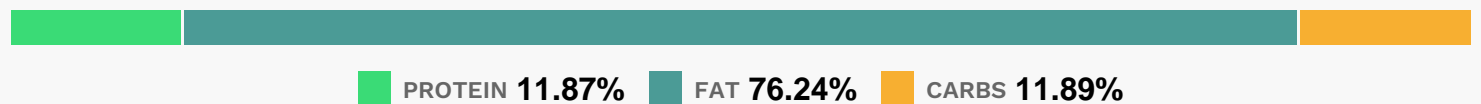
Equipment

- bowl
- whisk
- pot

Directions

- In a large stock pot melt butter and saute onions until tender.
- Add water and chicken granules, and bring to a boil.
- Measure out flour into a separate bowl and add some broth from stock pot to whisk together with flour.
- Slowly add flour mixture back into soup and add broccoli, cauliflower and carrots. Simmer until vegetables are tender.
- Add half and half cream, cheese and season with pepper.
- Heat through until cheese has melted being sure not to bring to a boil. Top with garlic croutons and serve.

Nutrition Facts



Properties

Glycemic Index:67.96, Glycemic Load:6.44, Inflammation Score:-10, Nutrition Score:22.074347755183%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 656.59kcal (32.83%), Fat: 56.49g (86.91%), Saturated Fat: 24.23g (151.44%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 17.46g (6.35%), Sugar: 8.26g (9.18%), Cholesterol: 99.04mg (33.01%), Sodium: 1113.83mg (48.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.78g (39.56%), Vitamin A: 7493.2IU (149.86%), Calcium: 574.99mg (57.5%), Phosphorus: 430.95mg (43.1%), Vitamin C: 35.46mg (42.99%), Vitamin B2: 0.6mg (35.39%), Selenium: 23.72µg (33.88%), Vitamin K: 33.7µg (32.09%), Zinc: 2.87mg (19.13%), Folate: 66.66µg (16.67%), Vitamin B12: 0.86µg (14.36%), Potassium: 490.74mg (14.02%), Vitamin E: 2.02mg (13.49%), Vitamin B6: 0.25mg (12.4%), Vitamin B1: 0.17mg (11.49%), Magnesium: 45.62mg (11.41%), Manganese: 0.22mg (10.94%), Vitamin B5: 1.04mg (10.44%), Fiber: 2.37g (9.5%), Vitamin B3: 1.26mg (6.3%), Copper: 0.1mg (5.23%), Iron: 0.92mg (5.12%), Vitamin D: 0.34µg (2.26%)