



Cheesy Vegetable Soup II

READY IN



60 min.

SERVINGS



7

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli florets
- 2 cups carrots chopped
- 22 ounce condensed cream of cheddar cheese soup canned
- 0.5 cup corn kernels frozen
- 2 tablespoons flour all-purpose
- 2 cups mushrooms fresh sliced
- 2 cups mushrooms fresh sliced
- 3 cloves garlic minced
- 6 cups milk

- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 0.5 cup peas green frozen
- 5 potatoes cubed peeled
- 7 servings salt and pepper to taste
- 2 cups cheddar cheese shredded divided

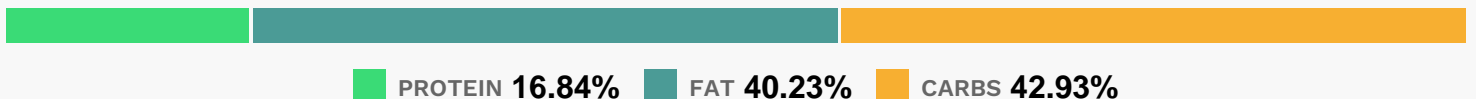
Equipment

- frying pan
- pot

Directions

- In a large skillet over medium high heat, combine the olive oil, garlic to taste, onions and mushrooms.
- Saute for about 5 minutes, or until the onions are tender.
- Remove from heat and reserve for later.
- In a large pot over high heat, combine the potatoes and carrots and add water to cover. Bring to a boil and reduce heat to low. Cover and simmer until vegetables are tender.
- Drain the water and add the milk. Continue to cook over low heat until milk starts to simmer.
- Stir in the cheese soup, then stir in the flour slowly, until mixed.
- Add 1 1/2 cups of the cheese, the reserved mushroom mixture, peas, corn and broccoli and heat through.
- Garnish with remaining 1/2 cup of cheese.

Nutrition Facts



Properties

Glycemic Index:66.85, Glycemic Load:27.05, Inflammation Score:-10, Nutrition Score:31.619999947755%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg, Kaempferol: 2.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 526.22kcal (26.31%), Fat: 23.94g (36.84%), Saturated Fat: 11.94g (74.63%), Carbohydrates: 57.49g (19.16%), Net Carbohydrates: 50.41g (18.33%), Sugar: 17.44g (19.38%), Cholesterol: 60.95mg (20.32%), Sodium: 1017.98mg (44.26%), Alcohol: 0g (100%), Protein: 22.55g (45.1%), Vitamin A: 7299.88IU (146%), Vitamin C: 50.46mg (61.16%), Calcium: 560.46mg (56.05%), Phosphorus: 538.55mg (53.86%), Potassium: 1779.3mg (50.84%), Vitamin B2: 0.78mg (45.64%), Vitamin B6: 0.78mg (39.07%), Selenium: 20.25µg (28.93%), Fiber: 7.07g (28.3%), Vitamin B1: 0.38mg (25.5%), Vitamin K: 26.23µg (24.98%), Vitamin B12: 1.49µg (24.89%), Vitamin B5: 2.44mg (24.43%), Vitamin B3: 4.75mg (23.73%), Manganese: 0.46mg (22.85%), Magnesium: 87.74mg (21.94%), Zinc: 3.13mg (20.84%), Copper: 0.41mg (20.4%), Folate: 72.79µg (18.2%), Vitamin D: 2.6µg (17.36%), Iron: 2.06mg (11.44%), Vitamin E: 1.03mg (6.85%)