



Chicken Cheese Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup carrots diced
- 1 cup celery diced
- 4 cups chicken broth
- 2 cups chicken meat cooked chopped
- 0.3 cup flour all-purpose
- 0.3 cup butter
- 3 cups milk
- 1 cup onion diced
- 1.5 cups potatoes diced

- 1 pound processed cheese cubed
- 1 tablespoon soya sauce

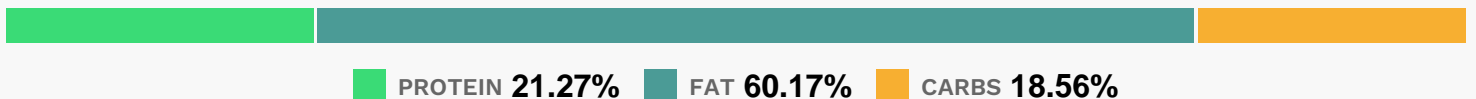
Equipment

- sauce pan
- pot

Directions

- In a large stock pot combine chicken broth, potatoes, celery, carrots and onion. Cover and bring to a slow boil for 15 minutes, or until the vegetables are tender.
- In a medium sauce pan melt butter over low heat, add flour and stir until smooth.
- Let simmer for 1 minute and then increase temperature to medium. Stir mixture constantly, while gradually adding milk. Continue to stir until thick and bubbly.
- Add flour mixture to vegetables.
- Add soy sauce and then gently stir in cheese. Continue to stir until cheese is completely melted.
- Add chicken, heat through and enjoy.

Nutrition Facts



Properties

Glycemic Index:57.43, Glycemic Load:14.79, Inflammation Score:-10, Nutrition Score:28.28173919346%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 620.95kcal (31.05%), Fat: 41.74g (64.21%), Saturated Fat: 18.94g (118.38%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 26.28g (9.56%), Sugar: 11.1g (12.33%), Cholesterol: 128.37mg (42.79%), Sodium: 2244.89mg (97.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.2g (66.39%), Vitamin A: 5026.53IU (100.53%), Calcium: 983.57mg (98.36%), Phosphorus: 767.14mg (76.71%), Selenium: 32.45µg (46.36%), Vitamin B2: 0.6mg (35.05%), Vitamin B12: 1.97µg (32.87%), Vitamin B3: 5.59mg (27.93%), Vitamin B6: 0.55mg (27.28%), Zinc: 3.53mg (23.56%), Potassium: 808.94mg (23.11%), Vitamin B1: 0.27mg (18.06%), Vitamin C: 14.12mg (17.12%), Manganese: 0.34mg (17.04%), Magnesium: 67.92mg (16.98%), Vitamin B5: 1.57mg (15.68%), Vitamin D: 1.8µg (11.97%), Iron: 2.11mg (11.71%), Folate: 45.34µg (11.33%), Fiber: 2.69g (10.75%), Vitamin K: 11.2µg (10.67%), Copper: 0.18mg (9.14%), Vitamin E: 1.32mg (8.8%)