

Chicken Wing Soup

READY IN



60 min.

SERVINGS



6

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 5 stalks celery diced
- 24 ounce chicken chunks drained canned
- 2 cubes chicken bouillon
- 0.8 cup flour all-purpose
- 0.5 cup hot sauce
- 0.8 cup milk
- 2 small onions diced
- 6 ounces processed cheese cubed velveeta® (such as)

2 cups water

Equipment

bowl

frying pan

pot

Directions

Shred chicken with a fork in a bowl and add hot sauce; stir to combine.

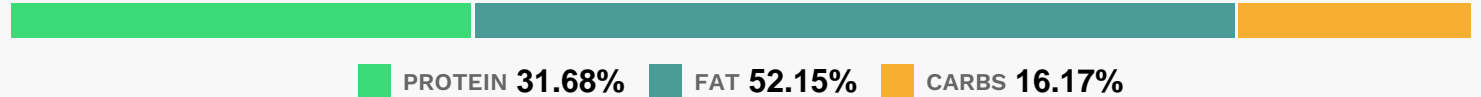
Melt butter in a small skillet over medium heat; cook and stir onions and celery in melted butter until tender, about 10 minutes.

Mix water, flour, milk, and chicken bouillon in a large pot until smooth.

Add processed cheese, shredded chicken, and onion mixture.

Heat soup over low heat until cheese is melted, about 30 minutes. Stir often.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:10.08, Inflammation Score:-7, Nutrition Score:16.993912966355%

Flavonoids

Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 474.17kcal (23.71%), Fat: 27.15g (41.77%), Saturated Fat: 13.16g (82.24%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 17.53g (6.38%), Sugar: 3.84g (4.27%), Cholesterol: 109.04mg (36.35%), Sodium: 1654.5mg (71.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.11g (74.23%), Selenium: 32.81µg (46.88%), Phosphorus: 422.15mg (42.21%), Calcium: 376.94mg (37.69%), Vitamin B12: 1.74µg (29%), Zinc: 3.9mg (25.98%), Vitamin C: 17.72mg (21.48%), Vitamin B2: 0.34mg (20.23%), Vitamin B3: 3.89mg (19.43%), Vitamin A: 936.92IU

(18.74%), Vitamin B6: 0.34mg (17.03%), Iron: 2.59mg (14.4%), Vitamin K: 14.49µg (13.8%), Folate: 51.05µg (12.76%), Potassium: 425.21mg (12.15%), Vitamin B1: 0.17mg (11.29%), Magnesium: 44mg (11%), Manganese: 0.19mg (9.68%), Copper: 0.13mg (6.58%), Vitamin E: 0.95mg (6.35%), Fiber: 1.41g (5.65%), Vitamin B5: 0.44mg (4.4%), Vitamin D: 0.62µg (4.13%)