

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

 **PROTEIN 31.68%** **FAT 52.15%** **CARBS 16.17%**

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%)