



Christmas Eve Soup

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots diced peeled
- ☐ 0.5 cup celery chopped
- ☐ 1 cup finely-chopped ham cubed cooked
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup butter
- ☐ 2 cups milk
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 2 cups potatoes diced peeled

- ☐ 1.5 teaspoon salt
- ☐ 8 oz cheddar cheese shredded
- ☐ 2 cups water

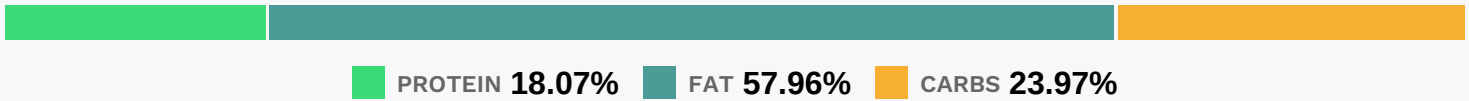
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Combine first 7 ingredients in a large soup pot; bring to a boil over medium heat. Reduce heat; cover and simmer until vegetables are tender. Stir in ham; set aside. In a separate saucepan, melt margarine; stir in flour until smooth. Gradually add milk; bring to a boil. Cook and stir for 2 minutes, until thickened. Stir in cheese until melted; add to vegetable mixture and heat through.

Nutrition Facts



Properties

Glycemic Index:45.2, Glycemic Load:10.53, Inflammation Score:-8, Nutrition Score:12.351304313411%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 285.28kcal (14.26%), Fat: 18.5g (28.46%), Saturated Fat: 8.03g (50.19%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 15.53g (5.65%), Sugar: 4.12g (4.58%), Cholesterol: 45.98mg (15.33%), Sodium: 891.62mg (38.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.97g (25.95%), Vitamin A: 2002.94IU (40.06%), Calcium: 293.96mg (29.4%), Phosphorus: 274.33mg (27.43%), Selenium: 13.52µg (19.32%), Vitamin C: 14.69mg (17.8%), Vitamin B2: 0.29mg (17.13%), Vitamin B12: 0.84µg (13.94%), Vitamin B6: 0.27mg (13.6%), Vitamin B1: 0.2mg (13.31%), Potassium: 431.44mg (12.33%), Zinc: 1.83mg (12.19%), Magnesium: 33.95mg (8.49%), Manganese: 0.15mg (7.62%), Vitamin B3: 1.47mg (7.36%), Vitamin B5: 0.69mg (6.91%), Fiber: 1.69g (6.75%), Folate: 26.75µg (6.69%),

Vitamin D: 0.84µg (5.61%), Copper: 0.11mg (5.34%), Vitamin K: 4.9µg (4.67%), Iron: 0.81mg (4.52%), Vitamin E: 0.54mg (3.61%)