

Condensed Soup Mix

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup chicken powder
- ☐ 0.8 cup cornstarch
- ☐ 1 teaspoon basil dried
- ☐ 2 tablespoons onion dried minced
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 cups nonfat milk powder dry

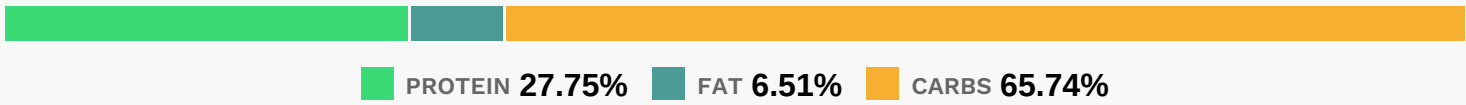
Equipment

☐ sauce pan

Directions

- ☐ Using an air tight container combine dry milk, cornstarch, onion flakes, pepper and chicken bouillon. If desired also add basil and thyme.
- ☐ Mix well and store in the refrigerator or freezer.
- ☐ When using the mix combine 1/3 cup of the mix with 1 1/4 cups of water in saucepan. Cook and stir until thickened.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:9.9173913805381%

Nutrients (% of daily need)

Calories: 159.21kcal (7.96%), Fat: 1.14g (1.75%), Saturated Fat: 0.37g (2.28%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 25.57g (9.3%), Sugar: 15.43g (17.14%), Cholesterol: 6.19mg (2.06%), Sodium: 1713.02mg (74.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.83%), Calcium: 354.86mg (35.49%), Phosphorus: 274.33mg (27.43%), Vitamin B2: 0.44mg (26.14%), Vitamin D: 2.93µg (19.56%), Vitamin B12: 1.09µg (18.24%), Potassium: 520.61mg (14.87%), Selenium: 9.48µg (13.55%), Vitamin A: 583.89IU (11.68%), Vitamin B5: 1.01mg (10.09%), Magnesium: 35.4mg (8.85%), Vitamin B1: 0.12mg (8.21%), Zinc: 1.13mg (7.55%), Vitamin B6: 0.12mg (6.13%), Folate: 17.72µg (4.43%), Vitamin C: 2.73mg (3.31%), Manganese: 0.06mg (3.18%), Vitamin K: 2.63µg (2.51%), Vitamin B3: 0.43mg (2.17%), Iron: 0.37mg (2.03%), Copper: 0.02mg (1.25%), Fiber: 0.28g (1.11%)