

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
- 2 tablespoons dehydrated onion dried minced
- 0.3 teaspoon thyme dried
- 0.5 teaspoon pepper black
- 2 cups skim milk powder dry

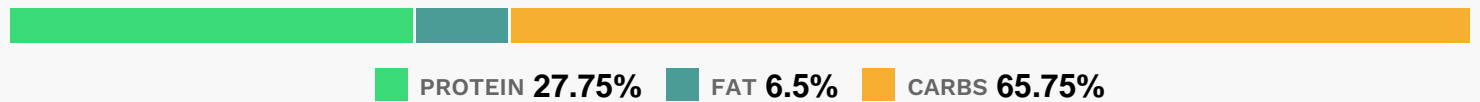
Equipment

- 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:9.733913027074%

Nutrients (% of daily need)

Calories: 158.95kcal (7.95%), Fat: 1.13g (1.74%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 25.56g (9.3%), Sugar: 15.42g (17.14%), Cholesterol: 6.19mg (2.06%), Sodium: 1712.94mg (74.48%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 10.89g (21.78%), Calcium: 352.38mg (35.24%), Phosphorus: 274.03mg (27.4%), Vitamin B2: 0.44mg (26.06%), Vitamin D: 2.93µg (19.56%), Vitamin B12: 1.09µg (18.24%), Potassium: 517.69mg (14.79%), Selenium: 9.48µg (13.54%), Vitamin A: 583.06IU (11.66%), Vitamin B5: 1.01mg (10.08%), Magnesium: 34.61mg (8.65%), Vitamin B1: 0.12mg (8.2%), Zinc: 1.12mg (7.5%), Vitamin B6: 0.12mg (6.05%), Folate: 17.38µg (4.34%), Vitamin C: 2.73mg (3.31%), Manganese: 0.05mg (2.63%), Vitamin B3: 0.43mg (2.14%), Iron: 0.27mg (1.48%), Copper: 0.02mg (1.13%)