

Cream Of Chicken Soup

READY IN



45 min.

SERVINGS



6

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups roasted chicken cooked finely chopped
- 2 tablespoons flour all-purpose
- 0.5 teaspoon garlic powder
- 0.5 teaspoon pepper black
- 4 cups milk
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil
- 2 tablespoons granulated sugar white

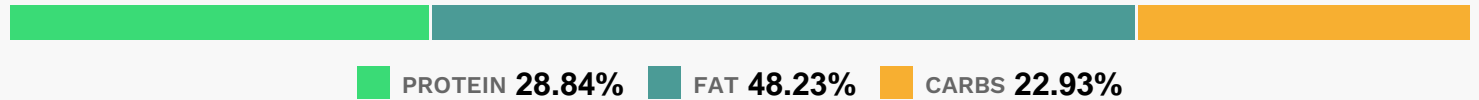
Equipment

sauce pan

Directions

- In a 3 quart saucepan, heat oil. Gradually stir in flour.
- Let this form a paste, or roux. Then, gradually stir in the milk and continue stirring until thickened.
- Add chicken to white sauce mixture.
- Add sugar, salt, pepper, and garlic powder.
- Mix well and simmer for 20 minutes over low heat.
- If soup is not as thick as desired, mix a small amount of corn starch with a small amount of water and add to soup. Simmer for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:36.68, Glycemic Load:7.09, Inflammation Score:-3, Nutrition Score:9.8234782529914%

Nutrients (% of daily need)

Calories: 241.35kcal (12.07%), Fat: 12.88g (19.81%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 13.64g (4.96%), Sugar: 11.83g (13.14%), Cholesterol: 54.52mg (18.17%), Sodium: 290.88mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.65%), Phosphorus: 257.89mg (25.79%), Selenium: 15.51µg (22.16%), Calcium: 207.15mg (20.72%), Vitamin B3: 4mg (20%), Vitamin B2: 0.31mg (18.05%), Vitamin B12: 1.01µg (16.9%), Vitamin B6: 0.3mg (14.81%), Vitamin D: 1.79µg (11.93%), Vitamin B5: 1.08mg (10.75%), Potassium: 358.86mg (10.25%), Vitamin B1: 0.14mg (9.39%), Zinc: 1.4mg (9.36%), Vitamin K: 9.11µg (8.67%), Magnesium: 30.35mg (7.59%), Vitamin A: 283.57IU (5.67%), Iron: 0.72mg (3.98%), Vitamin E: 0.46mg (3.05%), Manganese: 0.06mg (2.79%), Copper: 0.04mg (1.79%), Folate: 7.05µg (1.76%)