



Creamed Cabbage Soup

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices processed cheese food
- ☐ 6 tablespoons butter
- ☐ 2 pounds cabbage cut into 1-inch squares
- ☐ 1.5 cups celery chopped
- ☐ 1 tablespoon celery salt
- ☐ 7 fluid ounces chicken broth
- ☐ 1 tablespoon flour all-purpose
- ☐ 1.5 teaspoons garlic powder

- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 teaspoons ground thyme
- ☐ 2 quarts milk to taste
- ☐ 1.5 cups onion chopped
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 1.5 gallons water

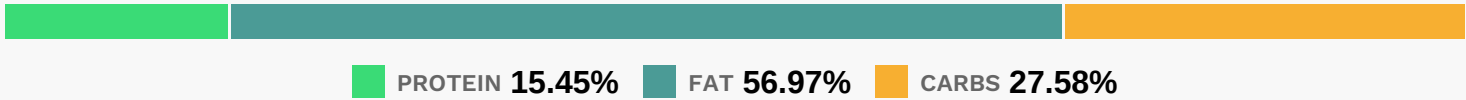
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Melt 1/4 cup butter in a large stockpot over medium heat. Cook and stir celery and onion in butter until tender, 3 to 5 minutes.
- ☐ Pour chicken broth and water over the celery mixture; bring to a boil.
- ☐ Add cabbage, celery salt, oregano, thyme, garlic powder, salt, and black pepper to the pot. Cook soup until the cabbage is very tender, 45 to 60 minutes.
- ☐ Melt 6 tablespoons butter in a skillet over medium heat. Stir 1 cup plus 1 tablespoon flour into melted butter until smooth.
- ☐ Bring the soup to a rolling boil. Stir a small amount of the hot soup into flour mixture until smooth. Return all flour mixture to soup.
- ☐ Pour milk into the soup, reduce heat to medium-low, and bring soup to a simmer.
- ☐ Add cheese and stir until blended into a thick, creamy mixture. Thin by adding milk if needed.

Nutrition Facts



Properties

Glycemic Index:41.88, Glycemic Load:7.26, Inflammation Score:-9, Nutrition Score:22.332608886387%

Flavonoids

Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg, Quercetin: 6.48mg

Nutrients (% of daily need)

Calories: 327.32kcal (16.37%), Fat: 21.37g (32.88%), Saturated Fat: 12.72g (79.5%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 19.29g (7.02%), Sugar: 17.04g (18.94%), Cholesterol: 67.23mg (22.41%), Sodium: 1606.82mg (69.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.07%), Vitamin K: 99.46µg (94.73%), Calcium: 551.57mg (55.16%), Vitamin C: 44.42mg (53.84%), Phosphorus: 390.67mg (39.07%), Vitamin B2: 0.45mg (26.75%), Vitamin B12: 1.54µg (25.61%), Vitamin A: 1005.97IU (20.12%), Potassium: 684.5mg (19.56%), Vitamin D: 2.7µg (17.98%), Vitamin B6: 0.36mg (17.94%), Manganese: 0.33mg (16.57%), Folate: 66.26µg (16.56%), Vitamin B1: 0.24mg (15.96%), Fiber: 3.98g (15.94%), Magnesium: 61.05mg (15.26%), Vitamin B5: 1.3mg (12.97%), Selenium: 8.94µg (12.77%), Zinc: 1.79mg (11.93%), Copper: 0.18mg (8.89%), Iron: 1.22mg (6.77%), Vitamin E: 0.81mg (5.42%), Vitamin B3: 0.77mg (3.85%)