



## Creamy Cheddar Soup

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 servings suggested serving: bread your favorite
- ☐ 3 tablespoons butter
- ☐ 1 Dash cayenne pepper
- ☐ 1.5 cups chicken stock see
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 cup green onions
- ☐ 1 small onion diced

- ☐ 2 large pimentos    diced
- ☐ 4 servings salt and pepper    black
- ☐ 0.8 cup sharp cheddar    grated

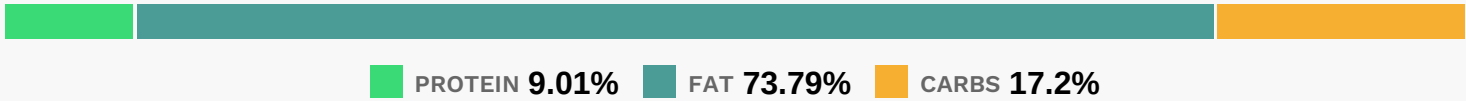
## Equipment

- ☐ sauce pan

## Directions

- ☐ In a saucepan, saute onion and pimentos in butter for 5 to 7 minutes. Blend in flour.
- ☐ Add stock and cream. Cook until thick.
- ☐ Add cheese and stir until melted.
- ☐ Add 1/4 cup green onions, salt and pepper, to taste, and cayenne if desired.
- ☐ Garnish with remaining green onions.

## Nutrition Facts



## Properties

Glycemic Index:86.67, Glycemic Load:10.96, Inflammation Score:-8, Nutrition Score:14.824782682502%

## Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

## Nutrients (% of daily need)

Calories: 605.99kcal (30.3%), Fat: 50.39g (77.52%), Saturated Fat: 30.5g (190.61%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 24.51g (8.91%), Sugar: 6.78g (7.53%), Cholesterol: 147.32mg (49.1%), Sodium: 688.01mg (29.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.84g (27.67%), Vitamin A: 1938.58IU (38.77%), Vitamin K: 31.68µg (30.18%), Selenium: 20.9µg (29.85%), Vitamin B2: 0.46mg (26.76%), Calcium: 262.98mg (26.3%), Phosphorus: 227.7mg (22.77%), Manganese: 0.42mg (20.96%), Vitamin B3: 3.48mg (17.42%), Vitamin B1: 0.23mg (15.36%), Folate: 58.31µg (14.58%), Vitamin D: 1.56µg (10.37%), Zinc: 1.54mg (10.26%), Iron: 1.82mg (10.1%), Vitamin E: 1.39mg (9.27%), Potassium: 305.18mg (8.72%), Vitamin B6: 0.17mg (8.26%), Magnesium: 32.82mg (8.21%), Fiber: 1.91g (7.65%), Copper: 0.13mg (6.63%), Vitamin B12: 0.39µg (6.42%), Vitamin B5: 0.61mg (6.12%),

Vitamin C: 4.96mg (6.01%)