

Creamy Chicken Vegetable Chowder

READY IN



60 min.

SERVINGS



6

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 carrots diced
- ☐ 2 quarts chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cloves garlic minced
- ☐ 16 ounce green beans frozen
- ☐ 6 servings ground pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 3 potatoes diced

- ☐ 0.5 pound processed cheese food shredded
- ☐ 1 ounce ranch dressing mix
- ☐ 1 bell pepper diced red
- ☐ 1 onion diced red
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 6 servings salt to taste
- ☐ 1 pound chicken breast halves boneless skinless chopped

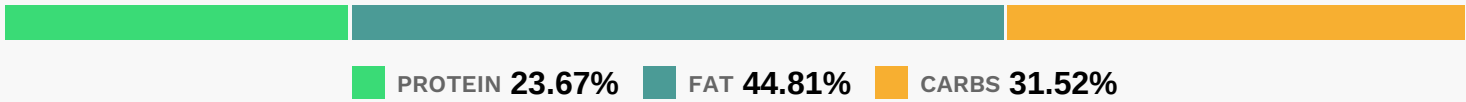
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the oil in a large pot over medium heat. Stir in onion, garlic, and red bell pepper; cook until tender.
- ☐ Mix in potatoes, carrots, and chicken broth. Bring to a boil. Reduce heat to low and simmer 20 minutes.
- ☐ Stir chicken into the pot. Season soup with ranch dressing mix, crushed red pepper, salt, and pepper. Stir in processed cheese until melted.
- ☐ Mix in green beans just before making the roux.
- ☐ Melt butter in a skillet over medium heat and stir in flour to form a thick, golden brown roux.
- ☐ Mix into the soup to thicken. Continue cooking 5 minutes.

Nutrition Facts



Properties

Glycemic Index:74.93, Glycemic Load:20.11, Inflammation Score:-10, Nutrition Score:33.207391179126%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 499.74kcal (24.99%), Fat: 25.16g (38.71%), Saturated Fat: 12.59g (78.7%), Carbohydrates: 39.82g (13.27%), Net Carbohydrates: 33.54g (12.2%), Sugar: 8.62g (9.58%), Cholesterol: 112.83mg (37.61%), Sodium: 2538.01mg (110.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.91g (59.81%), Vitamin A: 6962.51IU (139.25%), Vitamin C: 60.12mg (72.88%), Vitamin B6: 1.16mg (57.88%), Vitamin B3: 11.16mg (55.79%), Phosphorus: 535.6mg (53.56%), Selenium: 36.15µg (51.64%), Calcium: 475.28mg (47.53%), Vitamin K: 43.36µg (41.3%), Potassium: 1182.24mg (33.78%), Manganese: 0.67mg (33.36%), Vitamin B2: 0.54mg (31.55%), Fiber: 6.28g (25.12%), Vitamin B1: 0.35mg (23.47%), Magnesium: 86.29mg (21.57%), Vitamin B5: 1.96mg (19.59%), Folate: 76.41µg (19.1%), Iron: 2.91mg (16.19%), Zinc: 2.32mg (15.49%), Copper: 0.29mg (14.67%), Vitamin E: 2.1mg (13.99%), Vitamin B12: 0.8µg (13.29%), Vitamin D: 0.3µg (2.02%)