

Creamy Pepper Jack Cheese Soup

READY IN



30 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 14.3 ounce chicken broth low-sodium canned
- 0.3 cup cilantro leaves chopped
- 2 tablespoons flour all-purpose
- 6 cloves garlic minced
- 4 servings pepper black to taste
- 2 cups milk
- 1 small onion grated
- 0.3 teaspoon hot sauce such as tabasco hot

- 2.5 cups pepper jack cheese shredded
- 1 teaspoon worcestershire sauce

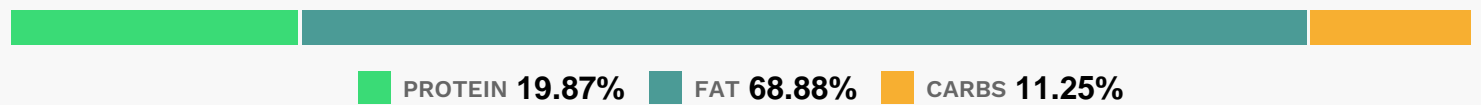
Equipment

- bowl
- sauce pan
- ladle
- whisk

Directions

- Melt butter in a large saucepan over medium heat. Stir in flour and cook until the flour begins to turn golden brown, about 5 minutes.
- Add onion and garlic, cook until the onion softens and turns translucent, about 3 minutes.
- Slowly whisk in chicken broth and milk. Bring to a simmer over medium-high heat, then reduce heat to medium-low, and continue to simmer, stirring occasionally, for 15 minutes until thickened and smooth.
- Remove from the heat and immediately whisk in the shredded cheese until it has melted and the soup is smooth. Season with Worcestershire sauce, hot pepper sauce, and black pepper. Ladle in to serving bowls, and sprinkle with cilantro to garnish.

Nutrition Facts



Properties

Glycemic Index:77.75, Glycemic Load:5.16, Inflammation Score:-7, Nutrition Score:15.034348011017%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 483.53kcal (24.18%), Fat: 37.5g (57.69%), Saturated Fat: 23.25g (145.32%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 13.23g (4.81%), Sugar: 7.32g (8.13%), Cholesterol: 108mg (36%), Sodium: 619.76mg (26.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.34g (48.69%), Calcium: 699.84mg (69.98%), Phosphorus: 488.07mg (48.81%), Vitamin B2: 0.51mg (30.06%), Vitamin A: 1165.66IU (23.31%), Vitamin B12: 1.37µg (22.84%), Selenium: 14.72µg (21.03%), Zinc: 2.85mg (19%), Vitamin D: 1.77µg (11.77%), Potassium: 396.97mg (11.34%), Vitamin B6: 0.22mg (11.07%), Magnesium: 39.34mg (9.84%), Vitamin B3: 1.88mg (9.4%), Vitamin B1: 0.13mg (8.54%), Manganese: 0.15mg (7.66%), Vitamin B5: 0.69mg (6.91%), Vitamin K: 6.57µg (6.25%), Iron: 1.12mg (6.22%), Folate: 24.23µg (6.06%), Copper: 0.11mg (5.38%), Vitamin E: 0.61mg (4.07%), Vitamin C: 3.35mg (4.06%), Fiber: 0.55g (2.19%)