



Creamy Vegetable-Cheese Soup

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



144 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces bread fat free
- 3.5 cups skim milk fat-free (skim)
- 0.5 teaspoon chili powder
- 2 cups brown rice cooked
- 1 pound cauliflower frozen thawed drained

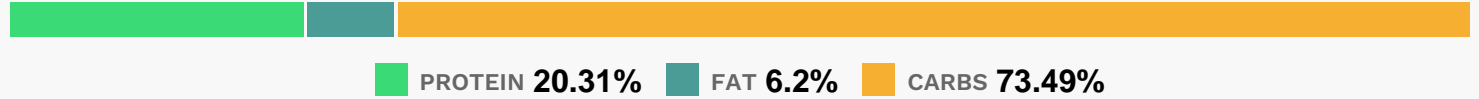
Equipment

- sauce pan
- dutch oven

Directions

- Heat cheese and milk in 3–quart saucepan or 4–quart Dutch oven over low heat, stirring frequently, until cheese is melted. Stir in chili powder.
- Stir in rice and vegetables; cook until hot.

Nutrition Facts



Properties

Glycemic Index:24.74, Glycemic Load:13.48, Inflammation Score:-5, Nutrition Score:11.828695745572%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 144.13kcal (7.21%), Fat: 1.01g (1.55%), Saturated Fat: 0.28g (1.78%), Carbohydrates: 26.94g (8.98%), Net Carbohydrates: 24.57g (8.94%), Sugar: 7.16g (7.96%), Cholesterol: 3.22mg (1.07%), Sodium: 148.83mg (6.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.89%), Manganese: 0.7mg (35.11%), Vitamin C: 27.33mg (33.13%), Phosphorus: 192.43mg (19.24%), Calcium: 166.62mg (16.66%), Vitamin B1: 0.24mg (15.94%), Vitamin B2: 0.24mg (14.23%), Folate: 53.88µg (13.47%), Vitamin B6: 0.26mg (12.85%), Magnesium: 47.54mg (11.88%), Potassium: 406.07mg (11.6%), Vitamin B12: 0.62µg (10.36%), Vitamin B5: 1mg (10%), Fiber: 2.37g (9.47%), Selenium: 6.56µg (9.38%), Vitamin B3: 1.76mg (8.8%), Vitamin K: 9.02µg (8.59%), Vitamin D: 1.18µg (7.86%), Zinc: 1.09mg (7.27%), Iron: 1.07mg (5.96%), Vitamin A: 255.73IU (5.11%), Copper: 0.09mg (4.33%)