



## Creamy Vegetable-Cheese Soup

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



163 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

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

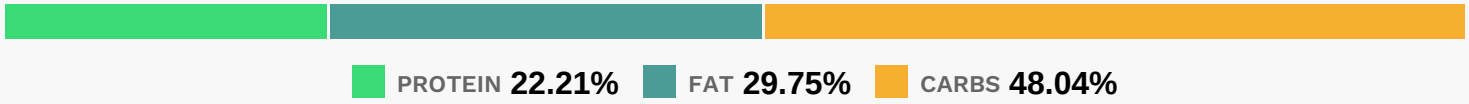
## Equipment

- ☐ 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:18.06, Glycemic Load:7.9, Inflammation Score:-5, Nutrition Score:11.86826090709%

## 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: 163.4kcal (8.17%), Fat: 5.49g (8.44%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 17.87g (6.5%), Sugar: 6.55g (7.28%), Cholesterol: 17.39mg (5.8%), Sodium: 156.2mg (6.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.43%), Vitamin C: 27.33mg (33.13%), Manganese: 0.63mg (31.47%), Calcium: 259.46mg (25.95%), Phosphorus: 242.47mg (24.25%), Vitamin B2: 0.24mg (14.35%), Vitamin B12: 0.77µg (12.87%), Vitamin B6: 0.25mg (12.58%), Magnesium: 46.83mg (11.71%), Potassium: 400.4mg (11.44%), Vitamin B5: 1.01mg (10.12%), Folate: 39.42µg (9.86%), Zinc: 1.46mg (9.76%), Vitamin B1: 0.14mg (9.5%), Selenium: 6.52µg (9.32%), Vitamin K: 9.26µg (8.82%), Vitamin D: 1.26µg (8.43%), Fiber: 2.06g (8.22%), Vitamin A: 397.76IU (7.96%), Vitamin B3: 1.08mg (5.42%), Copper: 0.07mg (3.48%), Iron: 0.54mg (3%), Vitamin E: 0.2mg (1.33%)