



Creamy Vegetable Cheese Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups celery chopped
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 16 ounce vegetables mixed frozen
- ☐ 0.5 cup onion chopped
- ☐ 2 cups potatoes diced
- ☐ 1 pound processed cheese food (eg. Velveeta)
- ☐ 2 quarts water

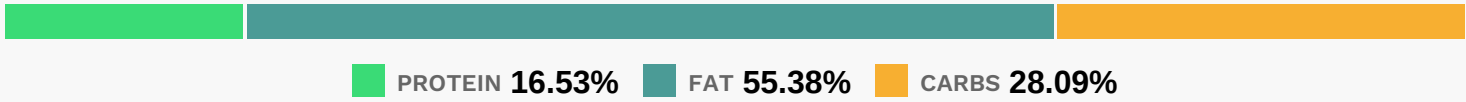
Equipment

☐ sauce pan

Directions

- ☐ In a large saucepan, combine the water, potatoes, onions and celery. Bring to a boil and then reduce heat to low. Simmer for 20 minutes.
- ☐ Add frozen vegetables and simmer 10 more minutes.
- ☐ Add the cans of soup and the cheese and cook slowly, until the cheese melts.

Nutrition Facts



Properties

Glycemic Index:32.22, Glycemic Load:12.36, Inflammation Score:-10, Nutrition Score:18.42086951629%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 363.17kcal (18.16%), Fat: 22.82g (35.1%), Saturated Fat: 11.62g (72.59%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 22.04g (8.02%), Sugar: 2.86g (3.18%), Cholesterol: 62.79mg (20.93%), Sodium: 1544.52mg (67.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.33g (30.65%), Vitamin A: 3668.27IU (73.37%), Calcium: 643.14mg (64.31%), Phosphorus: 459.4mg (45.94%), Vitamin C: 17.84mg (21.62%), Selenium: 13.44µg (19.19%), Manganese: 0.33mg (16.63%), Fiber: 4g (15.99%), Potassium: 533.65mg (15.25%), Vitamin B2: 0.25mg (14.69%), Copper: 0.28mg (14.18%), Vitamin B12: 0.85µg (14.17%), Zinc: 2.11mg (14.09%), Vitamin B6: 0.27mg (13.53%), Vitamin K: 13.03µg (12.41%), Magnesium: 49.62mg (12.4%), Iron: 2.18mg (12.14%), Folate: 41.89µg (10.47%), Vitamin B1: 0.14mg (9.3%), Vitamin B3: 1.7mg (8.49%), Vitamin B5: 0.7mg (6.97%), Vitamin E: 0.94mg (6.27%), Vitamin D: 0.34µg (2.27%)