



Creamy Vegetable Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounce broccoli red frozen
- 1 cup evaporated milk fat-free
- 0.3 teaspoon pepper
- 8 ounce process cheese spread cubed reduced-fat
- 3 cups potatoes o'brien frozen with onions and peppers
- 14.3 ounce vegetable broth fat-free reduced-sodium canned

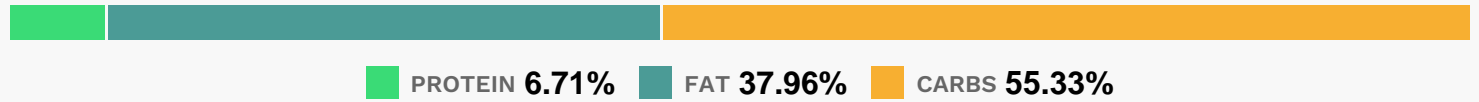
Equipment

- sauce pan

Directions

- Combine first 3 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 6 minutes or until vegetables are tender. Stir in half-and-half and cheese; continue stirring until cheese melts and soup is thoroughly heated. Stir in pepper, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:22.17, Inflammation Score:-10, Nutrition Score:21.656956569008%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 366.15kcal (18.31%), Fat: 14.71g (22.63%), Saturated Fat: 5.76g (36%), Carbohydrates: 48.25g (16.08%), Net Carbohydrates: 42.37g (15.41%), Sugar: 14.95g (16.62%), Cholesterol: 33.87mg (11.29%), Sodium: 1064.6mg (46.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.7%), Vitamin C: 180.3mg (218.54%), Vitamin A: 4310.21IU (86.2%), Vitamin B6: 0.83mg (41.58%), Potassium: 1025.55mg (29.3%), Calcium: 290.19mg (29.02%), Fiber: 5.88g (23.51%), Phosphorus: 208.55mg (20.85%), Folate: 79.74µg (19.94%), Manganese: 0.39mg (19.26%), Vitamin B2: 0.29mg (16.87%), Magnesium: 59.49mg (14.87%), Vitamin B1: 0.22mg (14.69%), Vitamin B3: 2.84mg (14.22%), Vitamin E: 1.83mg (12.22%), Vitamin B5: 1.1mg (10.98%), Copper: 0.2mg (10.02%), Iron: 1.73mg (9.6%), Vitamin K: 8.87µg (8.45%), Zinc: 1.22mg (8.13%), Vitamin B12: 0.31µg (5.11%), Selenium: 2.3µg (3.29%)