



## Easy Cheesy Vegetable Chowder

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 2 cubes chicken bouillon
- 10.5 ounce chicken broth canned
- 0.3 cup flour all-purpose
- 2 cups vegetables mixed frozen thawed
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper white
- 2 cups milk
- 1 onion chopped

- 0.3 teaspoon pepper sauce hot
- 8 ounce process cheese food cut into small cubes velveeta® (such as )

## Equipment

- frying pan
- whisk

## Directions

- Melt butter in a large, heavy pan over medium heat. Cook and stir onion and garlic in hot butter until tender, about 5 minutes.
- Whisk flour into the butter mixture until incorporated. Reduce heat to low and cook, stirring constantly, until the liquid is thick, about 3 minutes.
- Stir milk, chicken broth, and chicken bouillon cubes into the butter mixture. Increase heat to medium and cook, stirring regularly, until slightly thickened, 5 to 7 minutes.
- Add mixed vegetables and cook until the vegetables are heated through, 10 to 15 minutes.
- Reduce heat to low; add process cheese food, hot pepper sauce, and white pepper. Cook and stir until the cheese is completely melted, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:48.67, Glycemic Load:8.71, Inflammation Score:-10, Nutrition Score:17.885652262232%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

## Nutrients (% of daily need)

Calories: 387.48kcal (19.37%), Fat: 22.83g (35.13%), Saturated Fat: 11.93g (74.58%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 18.25g (6.64%), Sugar: 5.58g (6.2%), Cholesterol: 82.4mg (27.47%), Sodium: 966.97mg (42.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.25%), Vitamin A: 3774.78IU (75.5%), Calcium: 525.6mg (52.56%), Phosphorus: 451.78mg (45.18%), Selenium: 21.19µg (30.27%), Vitamin B12: 1.51µg

(25.17%), Vitamin B2: 0.34mg (20.24%), Zinc: 2.88mg (19.23%), Vitamin B6: 0.26mg (13.02%), Manganese: 0.26mg (12.91%), Vitamin B1: 0.19mg (12.7%), Vitamin B3: 2.51mg (12.53%), Potassium: 416.06mg (11.89%), Fiber: 2.97g (11.88%), Magnesium: 47.37mg (11.84%), Iron: 1.85mg (10.28%), Vitamin C: 8.12mg (9.84%), Folate: 37.99µg (9.5%), Vitamin D: 1.17µg (7.81%), Vitamin B5: 0.62mg (6.19%), Copper: 0.12mg (6.02%), Vitamin E: 0.62mg (4.13%), Vitamin K: 2.81µg (2.68%)