



Easy Cheesy Vegetable Soup

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce broccoli frozen
- 1 cube chicken bouillon
- 10.8 ounce campbell's® condensed cream of celery soup canned
- 10.8 ounce cream of chicken soup canned
- 10.8 ounce cream of mushroom soup canned
- 1 medium onion chopped
- 4 medium potatoes chopped
- 2 pound processed cheese cubed

1.5 quarts water

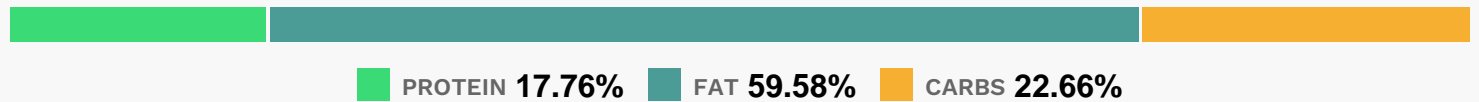
Equipment

pot

Directions

- Place the water, onion, potatoes, frozen vegetables and bouillon in a large pot. Bring to a boil, reduce heat to medium and cook 10 minutes, or until potatoes are tender.
- Mix cream of mushroom soup, cream of chicken soup and cream of celery soup into the pot. Stir in the processed cheese until melted. Continue cooking 45 minutes, or to desired consistency.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:16.94, Inflammation Score:-9, Nutrition Score:31.211304415827%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 612.45kcal (30.62%), Fat: 41.18g (63.35%), Saturated Fat: 22.1g (138.15%), Carbohydrates: 35.24g (11.75%), Net Carbohydrates: 30.88g (11.23%), Sugar: 5.66g (6.29%), Cholesterol: 122.54mg (40.85%), Sodium: 2663.99mg (115.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.25%), Calcium: 1251.98mg (125.2%), Vitamin C: 72.69mg (88.11%), Phosphorus: 863.28mg (86.33%), Vitamin K: 70.97µg (67.59%), Selenium: 26.12µg (37.32%), Vitamin A: 1604.01IU (32.08%), Vitamin B12: 1.78µg (29.62%), Manganese: 0.56mg (28.13%), Zinc: 3.98mg (26.54%), Potassium: 901.3mg (25.75%), Vitamin B6: 0.51mg (25.51%), Vitamin B2: 0.42mg (24.98%), Copper: 0.4mg (19.84%), Magnesium: 75.13mg (18.78%), Fiber: 4.36g (17.42%), Folate: 68.64µg (17.16%), Vitamin B5: 1.61mg (16.1%), Iron: 2.85mg (15.83%), Vitamin E: 2.1mg (13.99%), Vitamin B1: 0.17mg (11.34%), Vitamin B3: 2.18mg (10.9%), Vitamin D: 0.68µg (4.54%)