



Easy Cheesy Vegetable Soup

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz cheese cubed prepared reduced-fat (from 16-oz loaf)
- 3.5 cups skim milk fat-free (skim)
- 0.5 teaspoon chili powder
- 2 cups rice white cooked
- 1 lb cauliflower frozen thawed drained (or other combination)

Equipment

- sauce pan

Directions

- In 3-quart saucepan, heat cheese and milk over low heat, stirring occasionally, until cheese is melted.
- Stir in chili powder. Stir in rice and vegetables; cook until hot.

Nutrition Facts



Properties

Glycemic Index:38.36, Glycemic Load:49.26, Inflammation Score:-7, Nutrition Score:25.18869552405%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 555.23kcal (27.76%), Fat: 10.77g (16.58%), Saturated Fat: 5.87g (36.68%), Carbohydrates: 90.89g (30.3%), Net Carbohydrates: 87.33g (31.76%), Sugar: 13.21g (14.68%), Cholesterol: 34.78mg (11.59%), Sodium: 316.04mg (13.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.76g (45.53%), Vitamin C: 54.66mg (66.25%), Manganese: 1.2mg (59.78%), Calcium: 535.08mg (53.51%), Phosphorus: 516.24mg (51.62%), Selenium: 27.01µg (38.58%), Vitamin B2: 0.52mg (30.68%), Vitamin B5: 2.58mg (25.79%), Vitamin B12: 1.54µg (25.73%), Vitamin B6: 0.51mg (25.47%), Potassium: 830.15mg (23.72%), Zinc: 3.33mg (22.2%), Folate: 82.35µg (20.59%), Magnesium: 73.89mg (18.47%), Vitamin K: 18.61µg (17.73%), Vitamin D: 2.53µg (16.85%), Vitamin B1: 0.25mg (16.69%), Vitamin A: 795.51IU (15.91%), Fiber: 3.56g (14.23%), Copper: 0.26mg (13.19%), Vitamin B3: 2.35mg (11.76%), Iron: 1.3mg (7.25%), Vitamin E: 0.5mg (3.34%)