



 **12%**  
HEALTH SCORE

## Garden Chowder

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup broccoli diced
- 3 cups veggie broth
- 0.3 cup butter
- 1 cup carrots diced
- 1 cup cauliflower diced
- 1 cup celery diced
- 2 cups cheddar cheese
- 0.1 teaspoon cilantro leaves

- 0.5 cup flour
- 3 garlic clove
- 0.5 bell pepper green chopped
- 1 teaspoon ground mustard
- 2 cups milk
- 0.5 cup onion chopped
- 0.1 teaspoon paprika
- 1 tablespoon parsley
- 0.3 teaspoon pepper
- 1 cup potatoes diced
- 1 teaspoon salt

## Equipment

- pot

## Directions

- In a stock pot, saute green pepper and onion in butter until tender.
- Add vegetables, broth, salt, and pepper and bring to a boil.Reduce heat, cover and simmer 20 minutes.
- Combine flour and milk and stir slowly into soup.Allow to thicken at a low temperature.
- Add spices, and stir in cheddar until melted.
- Serve immediately or allow to cool and store in the freezer for OAMC.

## Nutrition Facts



**PROTEIN 15.6%** **FAT 55.89%** **CARBS 28.51%**

## Properties

Glycemic Index:106.6, Glycemic Load:14.16, Inflammation Score:-10, Nutrition Score:21.002173548159%

## Flavonoids

Apigenin: 1.92mg, Apigenin: 1.92mg, Apigenin: 1.92mg, Apigenin: 1.92mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

## **Nutrients (% of daily need)**

Calories: 373.11kcal (18.66%), Fat: 23.57g (36.26%), Saturated Fat: 13.71g (85.66%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 23.89g (8.69%), Sugar: 8g (8.89%), Cholesterol: 67.76mg (22.59%), Sodium: 1237.53mg (53.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.8g (29.61%), Vitamin A: 4841.9IU (96.84%), Vitamin C: 40.13mg (48.64%), Calcium: 408mg (40.8%), Vitamin K: 39.74µg (37.85%), Phosphorus: 328.21mg (32.82%), Selenium: 17.47µg (24.96%), Vitamin B2: 0.4mg (23.74%), Vitamin B6: 0.34mg (17.09%), Folate: 66.87µg (16.72%), Potassium: 571.12mg (16.32%), Manganese: 0.31mg (15.6%), Vitamin B1: 0.22mg (14.76%), Zinc: 2.16mg (14.41%), Vitamin B12: 0.85µg (14.24%), Fiber: 3.16g (12.63%), Magnesium: 44.95mg (11.24%), Vitamin B5: 0.96mg (9.56%), Vitamin B3: 1.64mg (8.19%), Vitamin D: 1.12µg (7.47%), Iron: 1.27mg (7.07%), Vitamin E: 0.94mg (6.28%), Copper: 0.12mg (5.82%)