

Ham, Potato, and Cheese Soup

READY IN



70 min.

SERVINGS



16

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 tablespoons flour all-purpose
- 16 servings pepper black to taste
- 1 pound ham chopped
- 1 cup milk
- 2 large onion finely chopped
- 12 potatoes cubed peeled
- 2 pounds processed cheese food (eg. Velveeta)

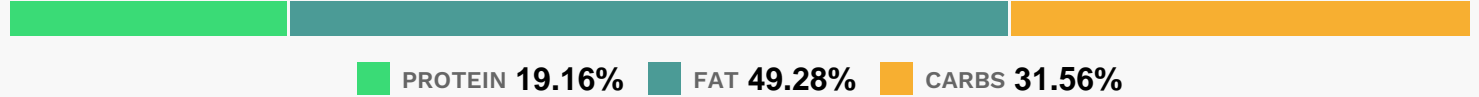
Equipment

- bowl
- frying pan
- pot

Directions

- Place potatoes, onion, and cubed ham in large stockpot. Cover with water. Cook until potatoes are almost tender.
- Remove about one cup of the cooked potatoes and mash in a bowl with the back of a fork.
- Add some of the liquid from the pan (about a tablespoon at a time) along with the flour till you have a thick paste.
- Add this back to the pot.
- Place the cheese (either whole or cubed) in the pot.
- Let the soup simmer until the cheese melts and is thick.
- Add ground black pepper to taste and stir in the milk.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:22.57, Inflammation Score:-6, Nutrition Score:19.375217562136%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 425.12kcal (21.26%), Fat: 23.45g (36.07%), Saturated Fat: 12.27g (76.69%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 29.88g (10.87%), Sugar: 4.06g (4.51%), Cholesterol: 76.11mg (25.37%), Sodium: 1300.13mg (56.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.51g (41.02%), Calcium: 637.42mg (63.74%), Phosphorus: 537.94mg (53.79%), Vitamin C: 32.86mg (39.83%), Vitamin B6: 0.64mg (32.12%), Selenium: 19.31µg (27.59%), Potassium: 881.8mg (25.19%), Vitamin B1: 0.34mg (22.46%), Vitamin B12: 1.11µg (18.57%), Zinc: 2.64mg (17.6%), Vitamin B2: 0.28mg (16.52%), Manganese: 0.32mg (16.02%), Vitamin B3: 3.13mg (15.64%), Fiber: 3.9g (15.61%), Magnesium: 61.11mg (15.28%), Copper: 0.23mg (11.66%), Vitamin A: 564.63IU (11.29%), Iron: 1.98mg

(10.97%), Folate: 37.53µg (9.38%), Vitamin B5: 0.92mg (9.19%), Vitamin D: 0.71µg (4.71%), Vitamin K: 4.8µg (4.57%),
Vitamin E: 0.58mg (3.9%)