



Hearty Golden Chowder

READY IN



50 min.

SERVINGS



50

CALORIES



42 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter ()
- 0.5 cup carrots sliced
- 0.5 cup celery sliced
- 0.3 cup flour
- 1 Tbsp chives fresh chopped
- 2 cups milk
- 0.3 cup onion chopped
- 1 dash pepper
- 2 cups potatoes chopped

- 1 tsp salt
- 2 cups sharp cheddar cheese shredded kraft
- 2 cups water cold

Equipment

- sauce pan

Directions

- Bring water, vegetables, chives and seasonings to boil in medium saucepan on high heat. Reduce heat to low; cover. Simmer 10 minutes. Do not drain.
- Melt butter in large saucepan on low heat. Stir in flour. Cook 2 minutes or until bubbly. Gradually add milk, stirring until well blended. Cook on medium heat until mixture boils and thickens, stirring constantly.
- Add cheese; cook until melted, stirring constantly.
- Add vegetable mixture; cook until heated through. Do not boil.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:1.68, Inflammation Score:-3, Nutrition Score:1.7469565298246%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 42.21kcal (2.11%), Fat: 2.78g (4.28%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 2.75g (0.92%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.66g (0.73%), Cholesterol: 5.69mg (1.9%), Sodium: 93.2mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin A: 322.88IU (6.46%), Calcium: 46.79mg (4.68%), Phosphorus: 37.24mg (3.72%), Selenium: 1.71µg (2.45%), Vitamin B2: 0.04mg (2.42%), Vitamin C: 1.86mg (2.25%), Vitamin B6: 0.04mg (1.89%), Potassium: 62.73mg (1.79%), Vitamin B12: 0.1µg (1.7%), Zinc: 0.24mg (1.61%), Vitamin B1:

0.02mg (1.33%), Magnesium: 4.96mg (1.24%), Manganese: 0.02mg (1.12%), Fiber: 0.27g (1.08%), Folate: 4.27µg (1.07%)