



Home-Made Cream of Chicken Soup

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

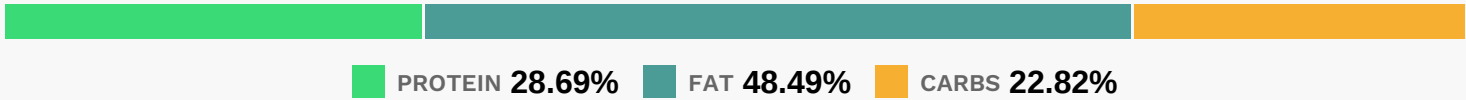
- ☐ 2 tablespoons canola oil
- ☐ 2 cups chicken meat cooked finely chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 4 cups milk
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar white

Equipment

Directions

- ☐ Make a white sauce of milk or cream, flour, and oil.
- ☐ Add chicken.
- ☐ Add sugar, salt, pepper, and garlic powder (may use more or less as desired).
- ☐ Mix well and simmer for 20 minutes over low heat.
- ☐ If soup is not as thick as desired, mix a small amount of cornstarch with a small amount of water and add to soup. Simmer for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:36.68, Glycemic Load:7.09, Inflammation Score:-3, Nutrition Score:9.7447826033053%

Nutrients (% of daily need)

Calories: 242.53kcal (12.13%), Fat: 13.01g (20.02%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 13.64g (4.96%), Sugar: 11.83g (13.14%), Cholesterol: 54.52mg (18.17%), Sodium: 290.88mg (12.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.65%), Phosphorus: 257.89mg (25.79%), Selenium: 15.51µg (22.16%), Calcium: 207.15mg (20.72%), Vitamin B3: 4mg (20%), Vitamin B2: 0.31mg (18.05%), Vitamin B12: 1.01µg (16.9%), Vitamin B6: 0.3mg (14.81%), Vitamin D: 1.79µg (11.93%), Vitamin B5: 1.08mg (10.75%), Potassium: 358.86mg (10.25%), Vitamin B1: 0.14mg (9.39%), Zinc: 1.4mg (9.36%), Magnesium: 30.35mg (7.59%), Vitamin E: 0.9mg (6.02%), Vitamin A: 283.57IU (5.67%), Iron: 0.71mg (3.97%), Vitamin K: 4.1µg (3.9%), Manganese: 0.06mg (2.79%), Copper: 0.04mg (1.79%), Folate: 7.05µg (1.76%)