



Hot Brown Soup

READY IN



45 min.

SERVINGS



5

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 servings toppings: bacon fresh crumbled chopped
- ☐ 0.3 cup butter
- ☐ 0.5 cup ham cooked chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.1 teaspoon hot sauce
- ☐ 4 cups milk
- ☐ 0.3 cup onion minced
- ☐ 4 ounces sharp cheddar cheese shredded

☐ 0.5 cup turkey cooked chopped

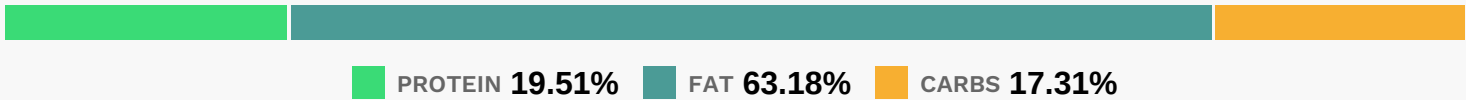
Equipment

☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium heat.
- ☐ Add onion; saute until tender.
- ☐ Add flour, garlic salt, and hot sauce; cook, stirring constantly, 1 minute. Gradually stir in milk; cook until thickened and bubbly. Reduce heat; stir in cheese until melted.
- ☐ Add ham and turkey; cook, stirring occasionally, until heated. (Do not boil.)
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:33.4, Glycemic Load:7.23, Inflammation Score:-6, Nutrition Score:12.766521687093%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 351.64kcal (17.58%), Fat: 24.8g (38.15%), Saturated Fat: 10.37g (64.84%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 14.98g (5.45%), Sugar: 9.83g (10.92%), Cholesterol: 62.94mg (20.98%), Sodium: 736.82mg (32.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.46%), Calcium: 408.55mg (40.85%), Phosphorus: 363.9mg (36.39%), Vitamin B2: 0.45mg (26.59%), Vitamin B12: 1.59µg (26.44%), Selenium: 16.64µg (23.77%), Vitamin A: 955.35IU (19.11%), Vitamin B1: 0.23mg (15.63%), Vitamin D: 2.31µg (15.42%), Zinc: 2.12mg (14.13%), Vitamin B6: 0.24mg (11.84%), Potassium: 387.61mg (11.07%), Vitamin B5: 1.05mg (10.48%), Magnesium: 36.93mg (9.23%), Vitamin B3: 1.76mg (8.79%), Folate: 18.87µg (4.72%), Vitamin E: 0.63mg (4.23%), Vitamin C: 3.32mg (4.03%), Manganese: 0.07mg (3.51%), Iron: 0.53mg (2.93%), Copper: 0.04mg (2.12%), Fiber: 0.31g (1.22%), Vitamin K: 1.18µg (1.13%)