



Mexican Cheese Soup

READY IN



45 min.

SERVINGS



6

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 4.5 ounce chiles green chopped canned
- 21 ounce condensed chicken broth undiluted canned
- 6 servings garnish: fried corn tortilla strips
- 0.3 cup flour all-purpose
- 0.5 cup bell pepper diced green
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground pepper red
- 1 cup half-and-half

- 16 ounces monterrey jack cheese shredded
- 0.5 cup onion minced
- 0.5 teaspoon oregano dried

Equipment

- sauce pan

Directions

- Melt butter in a large saucepan over medium-high heat; add bell pepper and onion, and saut 3 to 4 minutes or until tender.
- Add flour, and cook, stirring constantly, 2 minutes. Gradually add broth, and cook, stirring constantly, 4 minutes or until thickened. Reduce heat.
- Stir in cheese and next 4 ingredients. Simmer, stirring often, 10 minutes. Stir in half-and-half, and simmer, stirring often, 5 minutes or until thoroughly heated.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:38.58, Glycemic Load:9.33, Inflammation Score:-8, Nutrition Score:15.633913071259%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 504.61kcal (25.23%), Fat: 36.34g (55.91%), Saturated Fat: 19.03g (118.91%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 19.99g (7.27%), Sugar: 3.61g (4.01%), Cholesterol: 83.38mg (27.79%), Sodium: 1033.03mg (44.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.35%), Calcium: 652.45mg (65.25%), Phosphorus: 479.51mg (47.95%), Vitamin B2: 0.5mg (29.57%), Vitamin A: 1212.26IU (24.25%), Selenium: 16.75µg (23.93%), Vitamin C: 18.77mg (22.75%), Zinc: 2.96mg (19.72%), Magnesium: 50.71mg (12.68%), Vitamin B12: 0.73µg (12.22%), Manganese: 0.24mg (11.8%), Folate: 44.77µg (11.19%), Fiber: 2.76g (11.03%), Vitamin B6: 0.22mg

(10.83%), Iron: 1.81mg (10.08%), Vitamin B1: 0.14mg (9.43%), Potassium: 265.76mg (7.59%), Vitamin B3: 1.37mg (6.86%), Vitamin E: 0.84mg (5.61%), Copper: 0.11mg (5.46%), Vitamin K: 4.59µg (4.37%), Vitamin B5: 0.4mg (3.99%), Vitamin D: 0.45µg (3.02%)