



Mexican Zucchini Cheese Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 14.5 ounce canned tomatoes mexican-style canned
- 29 ounce chicken broth canned
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic minced
- 4.5 ounce chilis diced green canned
- 1 tablespoon olive oil
- 1 cup onion chopped

- 0.5 teaspoon oregano dried
- 12 ounces processed cheese food cubed
- 8.8 ounce corn whole drained canned
- 2 medium to 3 sized squashes yellow halved lengthwise cut in 1/4 inch slices
- 2 medium zucchini halved lengthwise cut in 1/4 inch slices

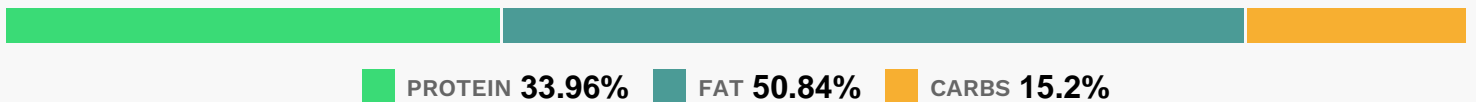
Equipment

- pot

Directions

- Heat the olive oil in a large pot, and saute the onion and garlic until tender. Season with oregano.
- Mix in the chicken broth and tomatoes. Bring to a boil.
- Mix in the zucchini, yellow squash, corn, and chile peppers. Reduce heat to low, and simmer 10 minutes, or until the squash is tender.
- Mix the cubed processed cheese into the soup. Continue to cook and stir until cheese is melted. Season with pepper.
- Mix in the cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:3.31, Inflammation Score:-8, Nutrition Score:27.198695607807%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 576.18kcal (28.81%), Fat: 32.67g (50.26%), Saturated Fat: 13.87g (86.67%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 18.33g (6.67%), Sugar: 8.52g (9.47%), Cholesterol: 125.21mg (41.74%), Sodium: 1858.32mg (80.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.11g (98.22%), Calcium: 675.53mg (67.55%), Phosphorus: 674.05mg (67.4%), Selenium: 37.7µg (53.86%), Vitamin C: 39.55mg (47.94%), Zinc: 5.62mg (37.48%), Vitamin B12: 2.22µg (37.01%), Vitamin B6: 0.72mg (35.79%), Vitamin B2: 0.48mg (28.39%), Potassium: 949.66mg (27.13%), Vitamin B3: 5.29mg (26.46%), Vitamin A: 1263.12IU (25.26%), Manganese: 0.49mg (24.26%), Iron: 4.05mg (22.49%), Magnesium: 86.57mg (21.64%), Folate: 80.21µg (20.05%), Vitamin K: 17.93µg (17.08%), Copper: 0.32mg (15.94%), Vitamin E: 2.3mg (15.31%), Fiber: 3.64g (14.56%), Vitamin B1: 0.14mg (9.61%), Vitamin B5: 0.72mg (7.18%), Vitamin D: 0.48µg (3.18%)