



WHATSheATE



Mom's Chilly-Day Cheese Soup



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



588 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 32 oz broccoli frozen
- ☐ 10 oz cream of celery soup canned
- ☐ 10 oz cream of chicken soup canned
- ☐ 1 onion chopped
- ☐ 16 oz pasteurized process cheese spread cubed
- ☐ 8 potatoes diced peeled
- ☐ 2 quarts water

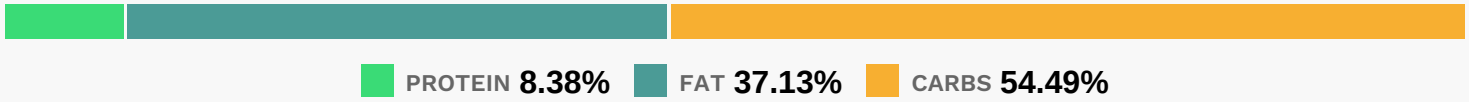
Equipment

☐ sauce pan

Directions

- ☐ Combine potatoes, onion and water in a large saucepan. Bring to a boil over medium-high heat. Reduce heat and simmer until tender, 15 to 20 minutes.
- ☐ Add frozen vegetables; cook until tender, about 12 to 15 minutes. Stir in soups; mix well.
- ☐ Add cheese and simmer for a few more minutes, until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:40.11, Inflammation Score:-9, Nutrition Score:32.103478164777%

Flavonoids

Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 14.24mg, Kaempferol: 14.24mg, Kaempferol: 14.24mg, Kaempferol: 14.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 10.64mg, Quercetin: 10.64mg, Quercetin: 10.64mg, Quercetin: 10.64mg

Nutrients (% of daily need)

Calories: 587.59kcal (29.38%), Fat: 23.53g (36.2%), Saturated Fat: 8.46g (52.86%), Carbohydrates: 77.69g (25.9%), Net Carbohydrates: 66.91g (24.33%), Sugar: 13.33g (14.81%), Cholesterol: 50.21mg (16.74%), Sodium: 1442.41mg (62.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.9%), Vitamin C: 197.26mg (239.1%), Vitamin K: 169.75µg (161.67%), Vitamin B6: 1.13mg (56.46%), Potassium: 1769.65mg (50.56%), Manganese: 0.9mg (45.12%), Fiber: 10.77g (43.1%), Calcium: 415.43mg (41.54%), Vitamin A: 1854.44IU (37.09%), Folate: 146.07µg (36.52%), Phosphorus: 295.81mg (29.58%), Copper: 0.55mg (27.61%), Magnesium: 106.31mg (26.58%), Vitamin B1: 0.36mg (24%), Iron: 4.09mg (22.75%), Vitamin B5: 2.26mg (22.55%), Vitamin B3: 4.29mg (21.46%), Vitamin B2: 0.31mg (18.41%), Vitamin E: 2.12mg (14.16%), Zinc: 1.7mg (11.33%), Selenium: 6.47µg (9.25%)