



Potato (Velveeta®) Cheese Soup



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cajun seasoning blend (such as Tony Chachere's®)
- ☐ 4 cubes chicken bouillon
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup onion chopped to taste
- ☐ 2 pounds potatoes shredded
- ☐ 1 pound processed cheese food cubed velveeta® (such as)
- ☐ 0.5 teaspoon salt

☐ 8 cups water

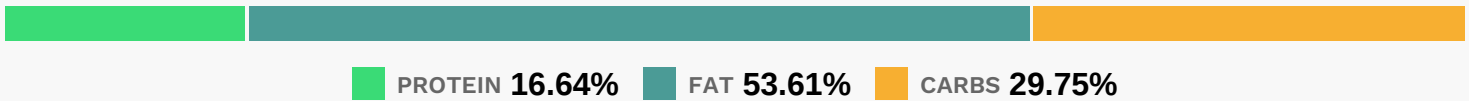
Equipment

☐ pot

Directions

☐ Combine the water, potatoes, processed cheese, onion, bouillon, parsley, salt, pepper, and Cajun seasoning in a large pot. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer until the potatoes are tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:15.2, Inflammation Score:-6, Nutrition Score:14.079130400782%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 301.42kcal (15.07%), Fat: 18.2g (28%), Saturated Fat: 10.28g (64.27%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 19.94g (7.25%), Sugar: 2.43g (2.7%), Cholesterol: 56.7mg (18.9%), Sodium: 1113.99mg (48.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.42%), Calcium: 616.2mg (61.62%), Phosphorus: 431.32mg (43.13%), Vitamin C: 22.73mg (27.55%), Vitamin B6: 0.38mg (19.11%), Selenium: 11.86µg (16.94%), Potassium: 572.74mg (16.36%), Vitamin A: 786.18IU (15.72%), Vitamin B12: 0.85µg (14.17%), Zinc: 1.8mg (11.98%), Manganese: 0.23mg (11.37%), Magnesium: 44.81mg (11.2%), Fiber: 2.79g (11.15%), Vitamin B2: 0.18mg (10.4%), Copper: 0.19mg (9.69%), Iron: 1.37mg (7.62%), Vitamin B1: 0.1mg (6.89%), Vitamin B3: 1.3mg (6.48%), Folate: 23.92µg (5.98%), Vitamin B5: 0.58mg (5.85%), Vitamin K: 4.46µg (4.25%), Vitamin E: 0.61mg (4.09%), Vitamin D: 0.34µg (2.27%)