



Priscilla's Vegetable Chowder

READY IN



55 min.

SERVINGS



12

CALORIES



290 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.5 cups broccoli florets
- 0.8 cup butter cubed
- 1 cup carrots grated
- 2 rib celery stalks diced
- 4 teaspoons chicken soup base
- 1 cup finely-chopped ham cubed fully cooked
- 0.8 cup flour all-purpose
- 4 cups milk
- 1 cup onion chopped

- 0.3 teaspoon pepper
- 3 cups potatoes diced peeled
- 1 teaspoon salt
- 4 ounces cheddar cheese shredded
- 3 cups water

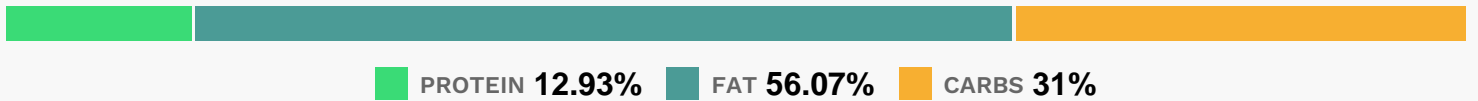
Equipment

- sauce pan
- whisk
- dutch oven

Directions

- In a Dutch oven, combine the potatoes, broccoli, onion, carrots, celery, bouillon and water; simmer for 20 minutes or until vegetables are tender.
- In a large saucepan, melt butter; stir in flour. Cook and stir over medium heat for 2 minutes.
- Whisk in the milk, salt and pepper. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Add to vegetable mixture with the ham; simmer 10 minutes until heated through. Stir in cheese just until melted.

Nutrition Facts



Properties

Glycemic Index:36.97, Glycemic Load:13.4, Inflammation Score:-9, Nutrition Score:14.12260864092%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 290.03kcal (14.5%), Fat: 18.37g (28.26%), Saturated Fat: 10.86g (67.87%), Carbohydrates: 22.85g (7.62%), Net Carbohydrates: 20.45g (7.44%), Sugar: 5.89g (6.55%), Cholesterol: 56.67mg (18.89%), Sodium: 666.21mg (28.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.06%), Vitamin A: 2483.38IU (49.67%), Vitamin C: 31.08mg (37.67%), Vitamin K: 23.4µg (22.29%), Phosphorus: 216.02mg (21.6%), Calcium: 197.18mg (19.72%), Vitamin B2: 0.27mg (15.97%), Vitamin B1: 0.23mg (15.31%), Vitamin B6: 0.3mg (15.19%), Potassium: 505.12mg (14.43%), Selenium: 9.77µg (13.96%), Vitamin B12: 0.7µg (11.64%), Manganese: 0.22mg (11.07%), Folate: 42.17µg (10.54%), Fiber: 2.4g (9.59%), Magnesium: 36.02mg (9.01%), Vitamin B3: 1.7mg (8.52%), Zinc: 1.24mg (8.29%), Vitamin B5: 0.79mg (7.89%), Vitamin D: 0.95µg (6.34%), Iron: 1.08mg (6.01%), Copper: 0.11mg (5.61%), Vitamin E: 0.68mg (4.5%)