



Slow Cooker Buffalo Chicken Wing Soup

 **Gluten Free**  **Popular**

READY IN



410 min.

SERVINGS



8

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 ounces cheese blue crumbled
- 4 carrots diced
- 3 celery stalks diced
- 32.3 ounce cream of chicken soup canned
- 4 cups chicken breast shredded cooked
- 6 cups half-and-half
- 1 cup pepper sauce hot to taste
- 3 potatoes cubed peeled

1 cup cup heavy whipping cream sour

Equipment

Directions

Combine half-and-half, cream of chicken soup, chicken breast meat, sour cream, hot pepper sauce, carrots, celery, and potatoes in a slow cooler. Cover and cook on Low for 6 1/2 hours, stirring occasionally. After 5 hours, stir in the blue cheese.

Nutrition Facts

 **PROTEIN 19.74%**  **FAT 58.87%**  **CARBS 21.39%**

Properties

Glycemic Index:29.07, Glycemic Load:14.82, Inflammation Score:-10, Nutrition Score:26.213913163413%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 654.51kcal (32.73%), Fat: 43.03g (66.2%), Saturated Fat: 22.23g (138.94%), Carbohydrates: 35.18g (11.73%), Net Carbohydrates: 32.45g (11.8%), Sugar: 11.65g (12.94%), Cholesterol: 155.42mg (51.81%), Sodium: 1998.1mg (86.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.46g (64.92%), Vitamin A: 6345.77IU (126.92%), Vitamin C: 42.03mg (50.94%), Phosphorus: 492.54mg (49.25%), Selenium: 29.11µg (41.58%), Vitamin B2: 0.69mg (40.72%), Vitamin B3: 7.59mg (37.96%), Vitamin B6: 0.74mg (37.24%), Calcium: 363.85mg (36.38%), Potassium: 1018.15mg (29.09%), Vitamin B5: 2.18mg (21.84%), Zinc: 3.01mg (20.06%), Iron: 3.09mg (17.14%), Magnesium: 68.07mg (17.02%), Copper: 0.32mg (16.18%), Vitamin B1: 0.22mg (14.58%), Manganese: 0.28mg (13.91%), Vitamin K: 14.6µg (13.91%), Vitamin B12: 0.82µg (13.74%), Fiber: 2.73g (10.9%), Folate: 40.25µg (10.06%), Vitamin E: 1.47mg (9.83%)