



Triple D Cheeseburger Soup

READY IN



110 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 16 ounces chicken stock see unsalted
- ☐ 2 cups half-and-half fat-free
- ☐ 0.3 cup flour
- ☐ 2 cups iceberg lettuce chopped
- ☐ 1 lb ground beef lean (use very beef)
- ☐ 1 large onion diced
- ☐ 16 ounces velveeta reduced fat cheese product
- ☐ 2 medium tomatoes chopped

☐ 0.5 cup water

Equipment

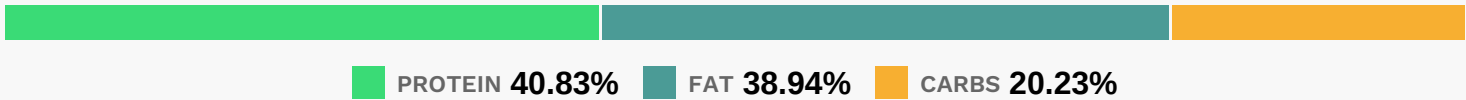
☐ frying pan

☐ stove

Directions

- ☐ Melt butter and cook onion until translucent.
- ☐ Remove onion.2 Put ground beef in pan. Season with pepper (and perhaps salt, but keep in mind that Velveeta is really salty). Cook until browned and somewhat crispy.
- ☐ Drain.
- ☐ Remove from pan.3
- ☐ Mix flour and water to make a slurry.
- ☐ Add chicken stock first and then slurry to the pan. Bring to boil, scraping bits off the bottom.
- ☐ Add Velveeta and cook until cheese is melted. Do not bring to a boil.4
- ☐ Add in onion and hamburger. Season to taste and lower heat to stove's lowest setting. Cover and cook for about 55 minutes.
- ☐ Add half and half, and heat only until serving temperature.
- ☐ Add tomatoes and lettuce at the end. Stir and serve.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:3.95, Inflammation Score:-7, Nutrition Score:20.704347745232%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 397.87kcal (19.89%), Fat: 16.95g (26.08%), Saturated Fat: 9.52g (59.5%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 18.47g (6.72%), Sugar: 8.15g (9.06%), Cholesterol: 84mg (28%), Sodium: 750.88mg (32.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.99g (79.99%), Phosphorus: 683.98mg (68.4%), Selenium: 30.05µg (42.92%), Calcium: 415.55mg (41.55%), Vitamin B12: 2.48µg (41.41%), Zinc: 6.16mg (41.07%), Vitamin B2: 0.59mg (34.6%), Vitamin B3: 6.1mg (30.48%), Vitamin B6: 0.5mg (25.03%), Potassium: 727.66mg (20.79%), Vitamin A: 830.02IU (16.6%), Iron: 2.78mg (15.45%), Magnesium: 54.51mg (13.63%), Vitamin B1: 0.19mg (12.56%), Folate: 46.62µg (11.66%), Vitamin B5: 1.1mg (11.04%), Vitamin C: 8.84mg (10.72%), Vitamin K: 10.62µg (10.11%), Copper: 0.18mg (8.9%), Manganese: 0.16mg (7.91%), Fiber: 1.35g (5.38%), Vitamin E: 0.75mg (4.98%), Vitamin D: 0.15µg (1.01%)