



Vegetable and Cheese Chowder

READY IN



55 min.

SERVINGS



6

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium baking potato chopped
- 0.3 cup butter ()
- 1 cup carrots sliced
- 28 oz chicken broth canned
- 5 Tbsp flour
- 1 medium bell pepper green chopped
- 0.1 tsp ground pepper white
- 2 cups milk
- 0.3 cup onions chopped

- 10 oz peas green frozen
- 8 deli deluxe process american cheese chopped kraft

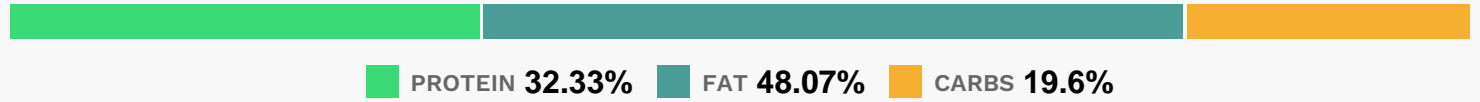
Equipment

- sauce pan

Directions

- Melt butter in 3-qt. saucepan on medium heat.
- Add green peppers, carrots, potatoes and onions; cook 20 min. or until vegetables are tender, stirring occasionally.
- Add flour; cook and stir 1 min. Gradually add broth, stirring until well blended after each addition. Bring to boil, stirring constantly. Reduce heat to medium.
- Add cheese; stir until completely melted. Gradually add milk, stirring until well blended after each addition. Stir in peas. Cook until heated through, stirring occasionally. Season with the white pepper.

Nutrition Facts



Properties

Glycemic Index:58.82, Glycemic Load:12.91, Inflammation Score:-10, Nutrition Score:27.478260952493%

Flavonoids

Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 570.03kcal (28.5%), Fat: 30.21g (46.47%), Saturated Fat: 11.2g (69.99%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 23.33g (8.49%), Sugar: 9.23g (10.26%), Cholesterol: 103.91mg (34.64%), Sodium: 1245.5mg (54.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.71g (91.43%), Vitamin A: 4968.13IU (99.36%), Phosphorus: 556.98mg (55.7%), Selenium: 34.71µg (49.59%), Vitamin C: 38.65mg (46.85%), Calcium: 442.05mg (44.21%), Vitamin B12: 2.19µg (36.53%), Zinc: 5.16mg (34.4%), Vitamin B6: 0.6mg (30.2%), Vitamin B3: 5.32mg (26.6%), Vitamin B2: 0.44mg (25.78%), Potassium: 748.1mg (21.37%), Vitamin K: 20.7µg (19.71%), Vitamin B1: 0.28mg

(18.87%), Manganese: 0.37mg (18.61%), Iron: 3.34mg (18.55%), Magnesium: 72.85mg (18.21%), Fiber: 4.38g (17.54%), Folate: 59.41µg (14.85%), Copper: 0.23mg (11.72%), Vitamin E: 1.27mg (8.44%), Vitamin D: 1.2µg (7.97%), Vitamin B5: 0.69mg (6.94%)