



Vegetable Cheese Soup II

 **Gluten Free**  **Dairy Free**

READY IN



135 min.

SERVINGS



8

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21.5 ounce cream of chicken soup canned
- 16 ounce vegetables mixed frozen
- 0.3 tablespoon garlic powder
- 8 servings ground pepper black to taste
- 1 tablespoon onion minced
- 32 ounces processed cheese food cubed
- 8 servings salt to taste
- 2.5 cups water

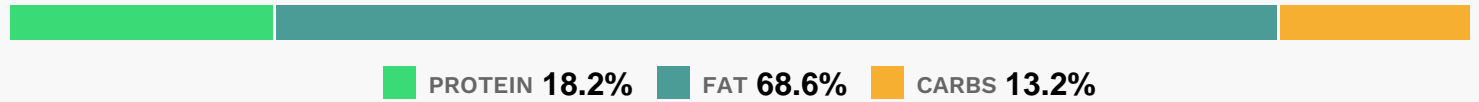
Equipment

- bowl
- microwave
- slow cooker

Directions

- In a large microwave bowl, cook vegetables in microwave for 10 minutes on high. Stir and rotate midway.
- On a large slow cooker, mix soup and water.
- Add onions, vegetables, and garlic, salt, and pepper to taste, and mix.
- Add cheese and mix. Simmer approximately 2 hours or until soup is creamy and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:5.94, Inflammation Score:-10, Nutrition Score:21.326956914819%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 527.14kcal (26.36%), Fat: 40.75g (62.69%), Saturated Fat: 21.83g (136.42%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 15.31g (5.57%), Sugar: 3.03g (3.37%), Cholesterol: 119.49mg (39.83%), Sodium: 2654.09mg (115.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.33g (48.65%), Calcium: 1213.12mg (121.31%), Vitamin A: 4090.03IU (81.8%), Phosphorus: 785.51mg (78.55%), Selenium: 24.65µg (35.22%), Vitamin B12: 1.7µg (28.35%), Zinc: 3.32mg (22.12%), Vitamin B2: 0.35mg (20.56%), Manganese: 0.25mg (12.7%), Magnesium: 47.37mg (11.84%), Iron: 2.09mg (11.6%), Copper: 0.22mg (10.88%), Fiber: 2.34g (9.35%), Potassium: 313.4mg (8.95%), Vitamin E: 1.32mg (8.81%), Vitamin C: 6.07mg (7.36%), Vitamin B5: 0.7mg (7%), Folate: 27.41µg (6.85%), Vitamin B1: 0.1mg (6.52%), Vitamin B6: 0.12mg (6.08%), Vitamin K: 6.24µg (5.94%), Vitamin B3: 1.1mg (5.5%), Vitamin D: 0.68µg (4.54%)