



Vegetable Chowder

READY IN



50 min.

SERVINGS



8

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup broccoli fresh chopped
- ☐ 1 cup carrots diced
- ☐ 1 cup cauliflower chopped
- ☐ 1 cup celery chopped
- ☐ 3 cubes chicken bouillon
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 8 servings ground pepper black to taste
- ☐ 0.3 cup butter

- ☐ 1.5 cups milk
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 8 servings salt to taste
- ☐ 3 cups cheddar cheese shredded
- ☐ 3 cups water

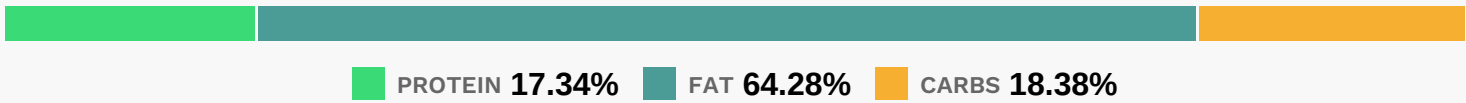
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ In a Dutch oven or soup kettle, saute the pepper and onions in butter or margarine until tender.
- ☐ Add remaining vegetables, water, bouillon, salt, and pepper; bring to a boil. Reduce heat; simmer covered for 20 minutes, or until the vegetables are tender.
- ☐ Combine flour and milk until smooth; stir into pan. Bring soup to a boil; cook and stir for 2 minutes.
- ☐ Mix in the parsley. Just before serving, stir in the cheese until melted.

Nutrition Facts



Properties

Glycemic Index:50.73, Glycemic Load:6.57, Inflammation Score:-10, Nutrition Score:16.075651977373%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 301.84kcal (15.09%), Fat: 21.84g (33.6%), Saturated Fat: 10.23g (63.97%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 12.24g (4.45%), Sugar: 4.54g (5.04%), Cholesterol: 47.87mg (15.95%), Sodium: 590.89mg (25.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.52%), Vitamin A: 3885.07IU (77.7%), Calcium: 384.3mg (38.43%), Vitamin C: 30.51mg (36.98%), Phosphorus: 277.52mg (27.75%), Vitamin K: 29.01µg (27.63%), Selenium: 15.99µg (22.85%), Vitamin B2: 0.34mg (19.96%), Zinc: 1.99mg (13.25%), Folate: 51.87µg (12.97%), Vitamin B12: 0.7µg (11.72%), Vitamin B1: 0.14mg (9.16%), Potassium: 307.16mg (8.78%), Manganese: 0.18mg (8.76%), Vitamin B6: 0.17mg (8.74%), Magnesium: 29.79mg (7.45%), Fiber: 1.8g (7.22%), Vitamin B5: 0.65mg (6.52%), Vitamin E: 0.95mg (6.36%), Vitamin D: 0.76µg (5.05%), Vitamin B3: 0.97mg (4.87%), Iron: 0.74mg (4.11%), Copper: 0.07mg (3.48%)