



Veggie Cheddar Soup

READY IN



45 min.

SERVINGS



8

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups baby carrots chopped
- 1 teaspoon pepper black freshly ground
- 0.3 cup celery chopped
- 4 cups chicken broth
- 0.5 cup flour all-purpose
- 1 pinch dill weed fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 teaspoon garlic powder
- 2 tablespoons butter

- 3 cups milk
- 2 potatoes diced peeled
- 0.5 cup onion red chopped
- 3 cups cheddar cheese shredded

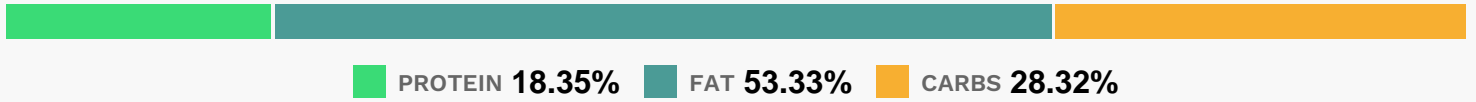
Equipment

- pot

Directions

- Using a large stock pot, saute onions, celery and garlic powder in butter, over low heat until onions are tender.
- Slowly stir in flour with 1 cup of chicken broth to make a rue. Stir until well mixed.
- Add 3 cups chicken broth, carrots, potatoes, parsley, pepper and dill. Bring to a boil and then add milk and cheese. Stir until cheese is melted, reduce heat to low and simmer for one hour, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:45.84, Glycemic Load:13.29, Inflammation Score:-10, Nutrition Score:17.498260757198%

Flavonoids

Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 344.39kcal (17.22%), Fat: 20.59g (31.67%), Saturated Fat: 10.48g (65.5%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 22.18g (8.07%), Sugar: 7.11g (7.9%), Cholesterol: 55.71mg (18.57%), Sodium: 806.46mg (35.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.87%), Vitamin A: 4078.54IU (81.57%), Calcium: 439.04mg (43.9%), Phosphorus: 343.48mg (34.35%), Vitamin B2: 0.45mg (26.73%), Selenium: 17.39µg

(24.84%), Vitamin B12: 0.97µg (16.17%), Vitamin C: 12.73mg (15.44%), Zinc: 2.3mg (15.36%), Potassium: 516.22mg (14.75%), Vitamin B6: 0.29mg (14.65%), Manganese: 0.29mg (14.35%), Vitamin B1: 0.21mg (13.82%), Vitamin K: 14.16µg (13.48%), Folate: 42.43µg (10.61%), Magnesium: 42.45mg (10.61%), Fiber: 2.42g (9.66%), Vitamin B5: 0.85mg (8.47%), Vitamin D: 1.26µg (8.41%), Vitamin B3: 1.57mg (7.84%), Iron: 1.25mg (6.96%), Copper: 0.14mg (6.83%), Vitamin E: 0.55mg (3.66%)