



VELVEETA® & Ham Broccoli Soup

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



46 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups broccoli cuts frozen thawed
- 1 cup regular corn frozen thawed
- 6 oz ham steak chopped
- 3 cups milk
- 1 Tbsp oil
- 1 large onion chopped
- 12 oz velveeta cut into 1/2-inch cubes

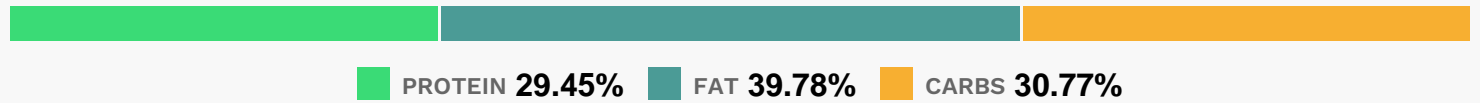
Equipment

sauce pan

Directions

- Cook onions in hot oil in large saucepan on medium heat 5 to 7 min. or until tender. Stir in milk. Bring to simmer, stirring frequently.
- Add VELVEETA and broccoli; cook and stir 6 to 8 min. or until VELVEETA is melted and broccoli is heated through.
- Stir in ham and corn; cook 4 to 5 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:3.2278260692306%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 45.93kcal (2.3%), Fat: 2.08g (3.2%), Saturated Fat: 1.05g (6.53%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.27g (1.19%), Sugar: 1.87g (2.08%), Cholesterol: 7.68mg (2.56%), Sodium: 198.34mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Phosphorus: 125.66mg (12.57%), Vitamin C: 7.84mg (9.51%), Calcium: 75.63mg (7.56%), Vitamin K: 7.05µg (6.72%), Vitamin B2: 0.1mg (5.96%), Vitamin B1: 0.05mg (3.66%), Potassium: 109.07mg (3.12%), Vitamin A: 154.52IU (3.09%), Zinc: 0.44mg (2.9%), Vitamin B6: 0.05mg (2.52%), Vitamin B12: 0.13µg (2.21%), Vitamin B3: 0.35mg (1.76%), Selenium: 1.22µg (1.75%), Folate: 6.69µg (1.67%), Magnesium: 6.09mg (1.52%), Vitamin B5: 0.15mg (1.49%), Fiber: 0.35g (1.4%), Manganese: 0.03mg (1.38%), Vitamin D: 0.2µg (1.34%)