



Wisconsin Cheese Chowder

READY IN



30 min.

SERVINGS



30

CALORIES



53 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 carrots thinly sliced
- 5 cups chicken broth
- 0.1 tsp mustard dry
- 0.3 cup flour
- 1 Tbsp oil
- 1 large onion thinly sliced
- 1 bell pepper red chopped
- 8 oz sharp cheddar cheese shredded kraft
- 0.3 lb oscar mayer natural uncured turkey sausage coarsely chopped

Equipment

- sauce pan
- whisk

Directions

- Heat oil in medium saucepan.
- Add sausage and vegetables; cook 8 to 10 min. or until vegetables are tender, stirring occasionally.
- Whisk in flour and mustard until blended.
- Add broth gradually, stirring until well blended after each addition; simmer on low heat 10 min., stirring occasionally.
- Add 1/3 cup cheese; cook until completely melted, stirring constantly. Repeat with remaining cheese, adding in 2 separate batches. (Do not allow chowder to come to boil.)

Nutrition Facts



Properties

Glycemic Index:6.93, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:3.062608677408%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 52.98kcal (2.65%), Fat: 3.47g (5.34%), Saturated Fat: 1.57g (9.83%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.21g (0.8%), Sugar: 0.77g (0.85%), Cholesterol: 11.18mg (3.73%), Sodium: 220.36mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin A: 883.04IU (17.66%), Vitamin C: 5.77mg (7%), Calcium: 58.73mg (5.87%), Phosphorus: 48.35mg (4.84%), Vitamin B2: 0.08mg (4.66%), Selenium: 2.82µg (4.02%), Zinc: 0.46mg (3.06%), Manganese: 0.05mg (2.3%), Vitamin B12: 0.14µg (2.29%), Vitamin B6: 0.05mg (2.27%), Vitamin B3: 0.43mg (2.15%), Vitamin B1: 0.03mg (2.09%), Folate: 7.88µg (1.97%), Vitamin E: 0.25mg (1.67%), Potassium: 53.01mg (1.51%), Fiber: 0.32g (1.28%), Magnesium: 4.95mg (1.24%), Vitamin K: 1.27µg (1.21%), Vitamin B5: 0.11mg (1.09%), Iron: 0.19mg (1.05%)