



15%
HEALTH SCORE

Wisconsin Cheese Soup II

READY IN



30 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli chopped
- 0.3 cup butter
- 1 cup carrots sliced
- 1 teaspoon chicken soup base
- 0.3 cup flour all-purpose
- 0.3 teaspoon pepper black
- 2 cups milk
- 0.3 cup onion chopped
- 2 cups sharp cheddar cheese shredded

1 cup water

Equipment

sauce pan

Directions

- In a small saucepan over medium-high heat, combine carrots, broccoli, water, and bouillon. Bring to a boil. Cover, reduce heat, and simmer for 5 minutes.
- Remove from heat, and set aside.
- In a large saucepan, cook onion in butter over medium heat until onion is translucent. Stir in flour and pepper; cook 1 minute. Stir in milk. Bring to a boil, then stir in cheese until melted. Stir in reserved vegetables and cooking liquid.
- Heat through, and serve.

Nutrition Facts

PROTEIN 16.7% **FAT 66.34%** **CARBS 16.96%**

Properties

Glycemic Index:81.96, Glycemic Load:8.66, Inflammation Score:-10, Nutrition Score:23.636521816254%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 467.61kcal (23.38%), Fat: 35.02g (53.88%), Saturated Fat: 20.51g (128.16%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 17.68g (6.43%), Sugar: 8.86g (9.85%), Cholesterol: 101.71mg (33.9%), Sodium: 666.61mg (28.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.68%), Vitamin A: 6739.25IU (134.78%), Calcium: 590.9mg (59.09%), Vitamin C: 41.88mg (50.77%), Vitamin K: 52.09µg (49.61%), Phosphorus: 438mg (43.8%), Selenium: 22.43µg (32.04%), Vitamin B2: 0.54mg (31.53%), Vitamin B12: 1.28µg (21.39%), Zinc: 2.92mg (19.49%), Folate: 62.47µg (15.62%), Potassium: 497.52mg (14.21%), Vitamin B1: 0.2mg (13.62%), Vitamin B6: 0.25mg (12.56%), Magnesium: 47.06mg (11.77%), Manganese: 0.23mg (11.58%), Vitamin D: 1.68µg (11.21%), Vitamin B5: 1.09mg (10.95%), Fiber: 2.45g (9.81%), Vitamin E: 1.38mg (9.19%), Vitamin B3: 1.25mg (6.23%), Iron: 0.91mg

(5.06%), Copper: 0.08mg (4.11%)