



 **10%**
HEALTH SCORE

Zesty Cheese Soup

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



8

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounces pinto beans rinsed drained canned
- 10 ounces tomatoes diced green undrained canned
- 10 ounces chicken white chunk drained canned
- 14 ounces chicken broth canned
- 4 ounces to 2 chilies slit green chopped canned
- 1 pound processed cheese food cubed (Velveeta)
- 8 servings tortilla chips crushed
- 15 ounces corn whole drained canned

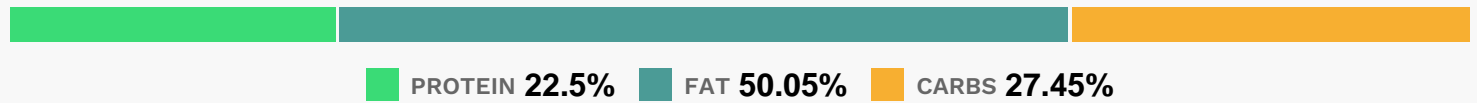
Equipment

sauce pan

Directions

- In a 3-qt. saucepan, combine the first seven ingredients. Cook and stir until cheese is melted.
- Garnish with tortilla chips if desired.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:3.1, Inflammation Score:-6, Nutrition Score:18.520000063855%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 563.64kcal (28.18%), Fat: 31.5g (48.47%), Saturated Fat: 13.06g (81.62%), Carbohydrates: 38.88g (12.96%), Net Carbohydrates: 34.1g (12.4%), Sugar: 3.36g (3.73%), Cholesterol: 94.26mg (31.42%), Sodium: 1617.29mg (70.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.86g (63.73%), Calcium: 668.03mg (66.8%), Phosphorus: 604.78mg (60.48%), Selenium: 24.3µg (34.71%), Zinc: 3.76mg (25.05%), Vitamin B12: 1.4µg (23.32%), Magnesium: 78.38mg (19.59%), Fiber: 4.78g (19.12%), Vitamin B3: 3.43mg (17.17%), Iron: 2.82mg (15.68%), Vitamin B6: 0.31mg (15.66%), Vitamin B2: 0.26mg (15.19%), Vitamin E: 2.2mg (14.64%), Potassium: 508.85mg (14.54%), Vitamin A: 689.73IU (13.79%), Manganese: 0.25mg (12.63%), Copper: 0.21mg (10.66%), Vitamin K: 10.87µg (10.35%), Folate: 40.92µg (10.23%), Vitamin B5: 0.83mg (8.29%), Vitamin C: 6.54mg (7.93%), Vitamin B1: 0.11mg (7.3%), Vitamin D: 0.42µg (2.83%)