



Healthdor

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Cheese Soup Cup

A warm and creamy soup made with cheese and other ingredients. It is a popular comfort food and can be enjoyed as a snack or a light meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	cheddar cheese
500 ml	milk
50 g	butter
50 g	flour
100 g	onion
2 cloves	garlic

500 ml	vegetable broth
1 tsp	Salt
0.5 tsp	Pepper

Directions

Step 1

Stove

Melt butter in a large pot over medium heat. Add chopped onion and minced garlic.

Cook until onion is translucent.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Add flour to the pot and stir constantly for 2 minutes to cook the flour.

Prep Time: 2 mins

Cook Time: 2 mins

Step 3

Stove

Gradually whisk in the vegetable broth and milk. Bring to a simmer and cook for 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Stove

Add grated cheddar cheese to the pot and stir until melted and smooth.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Season with salt and pepper to taste. Serve hot.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	5 mcg	33.33%	33.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	600 mg	60%	60%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas Thanksgiving Birthday Barbecue

Cuisines

Italian American

Course

Appetizers Soups

Cultural

Chinese New Year Diwali Christmas Easter

Cost

Under \$10

Demographics

Senior Friendly Teen Friendly Allergy Friendly

Diet

DASH Diet (Dietary Approaches to Stop Hypertension) Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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