



## Best Broccoli Cheddar Soup

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 head broccoli fresh chopped
- 0.5 cup milk
- 2 ounce onion soup mix dry
- 1.5 cups cheddar cheese shredded
- 4 cups water

### Equipment

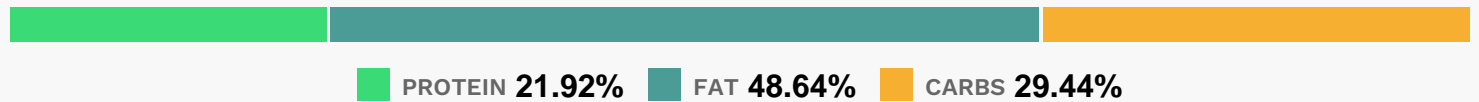
- food processor
- pot

blender

## Directions

- In a medium sized stock pot, over medium heat, combine soup mix and water, stirring constantly until well mixed.
- Add broccoli florets, partially cover and simmer for 5 to 10 minutes stirring often.
- Once broccoli is tender, place soup in a food processor or blender and puree. Once blended return soup mixture to stock pot, add milk and stir.
- Add cheese to soup mixture keeping 1/2 cup set aside. Stir soup until cheese is melted and then sprinkle remaining 1/2 cup cheese on top of individual soup servings.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:2.79, Inflammation Score:-9, Nutrition Score:24.613478048988%

## Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg, Kaempferol: 11.92mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

## Nutrients (% of daily need)

Calories: 284.4kcal (14.22%), Fat: 15.99g (24.61%), Saturated Fat: 8.89g (55.56%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 16.89g (6.14%), Sugar: 4.85g (5.39%), Cholesterol: 46.03mg (15.35%), Sodium: 1489.09mg (64.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.22g (32.44%), Vitamin C: 136.07mg (164.93%), Vitamin K: 156.35µg (148.9%), Calcium: 435.91mg (43.59%), Phosphorus: 355.11mg (35.51%), Vitamin A: 1423.09IU (28.46%), Vitamin B2: 0.45mg (26.21%), Folate: 104.66µg (26.16%), Selenium: 17.08µg (24.4%), Manganese: 0.42mg (20.95%), Vitamin B6: 0.4mg (19.82%), Fiber: 4.89g (19.55%), Potassium: 660.9mg (18.88%), Zinc: 2.49mg (16.57%), Magnesium: 57.89mg (14.47%), Vitamin B5: 1.28mg (12.81%), Vitamin B1: 0.18mg (11.79%), Vitamin E: 1.54mg (10.25%), Vitamin B12: 0.61µg (10.23%), Copper: 0.18mg (8.83%), Iron: 1.35mg (7.53%), Vitamin B3: 1.23mg (6.17%), Vitamin D: 0.59µg (3.93%)