



Best Cheesy Broccoli Soup

READY IN



50 min.

SERVINGS



8

CALORIES



284 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups broccoli chopped
- ☐ 6 tablespoons butter
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 3 cubes chicken bouillon
- ☐ 6 tablespoons flour all-purpose
- ☐ 0.8 cup milk
- ☐ 1 small onion diced
- ☐ 2 cups potatoes diced

☐ 2 cups cheddar cheese shredded

Equipment

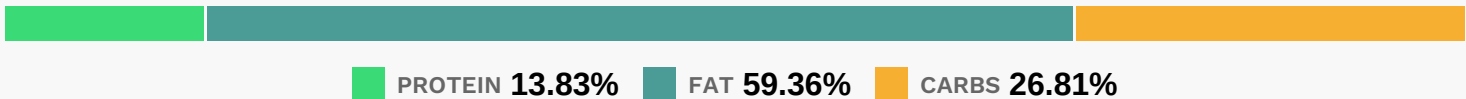
☐ sauce pan

☐ pot

Directions

- ☐ Combine broccoli, potatoes, celery, carrots, and onion in a large stockpot; pour enough water over the vegetable mixture to cover.
- ☐ Add bouillon cubes to the pot. Bring the mixture to a simmer over medium heat; cook at a simmer until the vegetables are tender, about 20 minutes.
- ☐ While vegetables simmer, melt butter in a saucepan over medium heat. Stir flour into melted butter to incorporate. Slowly stir milk into the butter mixture, cooking and stirring until you have a thick sauce, 5 to 10 minutes.
- ☐ Reduce heat under vegetables to low. Stir sauce into vegetable mixture to combine with the liquid smoothly.
- ☐ Add cheese in small amounts, allowing each addition to melt into the soup before adding the next.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:51.45, Glycemic Load:11.44, Inflammation Score:-9, Nutrition Score:14.836087061011%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 284.49kcal (14.22%), Fat: 19.11g (29.39%), Saturated Fat: 11.31g (70.68%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 16.74g (6.09%), Sugar: 3.3g (3.66%), Cholesterol: 53.57mg (17.86%), Sodium: 294.48mg (12.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.02g (20.03%), Vitamin A: 3450.45IU (69.01%), Vitamin C: 31.95mg (38.73%), Vitamin K: 30.78µg (29.32%), Calcium: 260.23mg (26.02%), Phosphorus: 216.71mg (21.67%), Selenium: 11.26µg (16.09%), Vitamin B2: 0.25mg (14.64%), Vitamin B6: 0.27mg (13.58%), Potassium: 451.97mg (12.91%), Folate: 48.05µg (12.01%), Manganese: 0.22mg (10.79%), Fiber: 2.68g (10.71%), Zinc: 1.49mg (9.94%), Vitamin B1: 0.14mg (9.37%), Magnesium: 32.71mg (8.18%), Vitamin B12: 0.44µg (7.35%), Vitamin B3: 1.28mg (6.39%), Vitamin B5: 0.61mg (6.05%), Iron: 0.97mg (5.39%), Vitamin E: 0.79mg (5.26%), Copper: 0.1mg (5.01%), Vitamin D: 0.42µg (2.81%)