



Best Cream of Broccoli Soup

 Vegetarian  Popular

READY IN



35 min.

SERVINGS



6

CALORIES



169 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 cups broccoli florets
- 3 tablespoons butter
- 1 stalk celery chopped
- 3 cups chicken broth
- 3 tablespoons flour all-purpose
- 6 servings ground pepper black to taste
- 2 cups milk
- 1 onion chopped

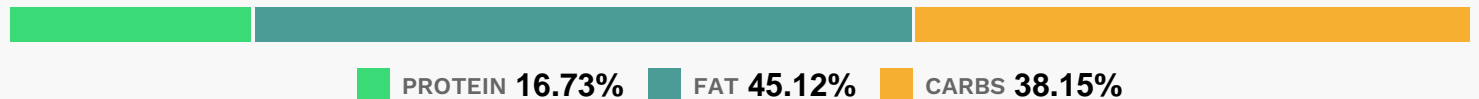
Equipment

- sauce pan
- pot
- blender
- kitchen towels

Directions

- Melt 2 tablespoons butter in medium sized stock pot, and saute onion and celery until tender.
- Add broccoli and broth, cover and simmer for 10 minutes.
- Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.
- In small saucepan, over medium-heat melt 3 tablespoons butter, stir in flour and add milk. Stir until thick and bubbly, and add to soup. Season with pepper and serve.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:5.5, Inflammation Score:-8, Nutrition Score:19.788260833077%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 9.65mg, Kaempferol: 9.65mg, Kaempferol: 9.65mg, Kaempferol: 9.65mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 169.46kcal (8.47%), Fat: 9.05g (13.92%), Saturated Fat: 5.28g (33.01%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 13.51g (4.91%), Sugar: 7.36g (8.18%), Cholesterol: 27.16mg (9.05%), Sodium: 558.04mg (24.26%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.09%), Vitamin C: 109.79mg (133.08%), Vitamin K: 126.7µg (120.66%), Folate: 89.41µg (22.35%), Vitamin A: 1095.79IU (21.92%), Vitamin B2: 0.35mg (20.79%), Manganese: 0.38mg (19.05%), Phosphorus: 179.73mg (17.97%), Calcium: 171.34mg (17.13%), Potassium: 577.68mg (16.51%), Fiber: 3.7g (14.8%), Vitamin B6: 0.29mg (14.55%), Vitamin B1: 0.2mg (13.07%), Vitamin B5: 1.07mg (10.74%), Magnesium: 40.12mg (10.03%), Selenium: 6.51µg (9.3%), Vitamin E: 1.22mg (8.14%), Vitamin B12: 0.47µg (7.91%), Vitamin B3: 1.39mg (6.93%), Iron: 1.2mg (6.69%), Zinc: 0.99mg (6.58%), Vitamin D: 0.89µg (5.96%), Copper: 0.09mg (4.71%)