



Broccoli and Cheese Soup

 Vegetarian

READY IN



33 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce broccoli florets
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 2.5 cups milk 2% reduced-fat
- ☐ 1 cup onion chopped
- ☐ 8 ounces processed cheese light cubed (such as Velveeta)

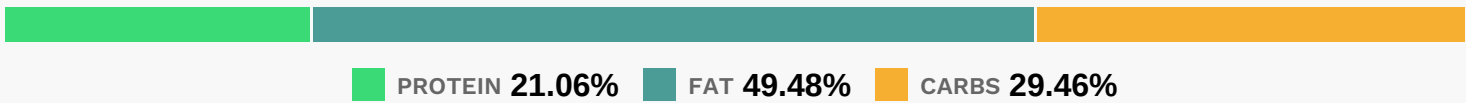
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat a large nonstick saucepan coated with cooking spray over medium-high heat.
- ☐ Add onion and garlic; saute 3 minutes or until tender.
- ☐ Add broth and broccoli. Bring broccoli mixture to a boil over medium-high heat. Reduce heat to medium; cook 10 minutes.
- ☐ Combine milk and flour, stirring with a whisk until well blended.
- ☐ Add milk mixture to broccoli mixture. Cook 5 minutes or until slightly thick, stirring constantly. Stir in pepper.
- ☐ Remove from heat; add cheese, stirring until cheese melts.
- ☐ Place one-third of the soup in a blender or food processor, and process until smooth. Return pureed soup mixture to pan.

Nutrition Facts



Properties

Glycemic Index:37.17, Glycemic Load:5.84, Inflammation Score:-8, Nutrition Score:21.48086982188%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 6.1mg, Kaempferol: 6.1mg, Kaempferol: 6.1mg, Kaempferol: 6.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg, Quercetin: 7.9mg

Nutrients (% of daily need)

Calories: 257.29kcal (12.86%), Fat: 14.54g (22.37%), Saturated Fat: 8.17g (51.07%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 16.82g (6.12%), Sugar: 8.45g (9.38%), Cholesterol: 45.67mg (15.22%), Sodium: 1168.4mg (50.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.85%), Vitamin C: 69.92mg (84.75%), Vitamin K: 78.57µg (74.83%), Calcium: 562.43mg (56.24%), Phosphorus: 412.04mg (41.2%), Vitamin B2: 0.43mg (25.02%), Selenium: 17.11µg (24.45%), Vitamin B12: 1.32µg (21.92%), Folate: 74.52µg (18.63%), Vitamin A: 929.56IU (18.59%), Manganese: 0.31mg (15.48%), Potassium: 511.99mg (14.63%), Vitamin B6: 0.25mg (12.68%), Zinc: 1.85mg (12.35%), Vitamin B1: 0.17mg (11.63%), Vitamin B5: 1.14mg (11.42%), Fiber: 2.65g (10.59%), Magnesium: 42.24mg (10.56%), Vitamin B3: 1.68mg (8.42%), Iron: 1.37mg (7.62%), Vitamin E: 0.93mg (6.22%), Copper: 0.11mg (5.32%), Vitamin D: 0.23µg (1.51%)