



## Broccoli Cheddar Panini ...plus Win SIGNED Pioneer Woman Holiday Cookbooks!

 Vegetarian  Popular

READY IN



55 min.

SERVINGS



12

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 12 servings bread loaves ) for bowls (you can buy them in nice bakeries)
- ☐ 4 broccoli heads cut into florets
- ☐ 0.8 cup broccoli florets cooked chopped
- ☐ 4 tablespoons butter at room temperature ()
- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.3 cup flour all-purpose

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 2 cups half-and-half
- ☐ 1 large onion halved thinly sliced
- ☐ 12 servings salt and pepper
- ☐ 8 ounces sharp cheddar sliced
- ☐ 3 cups sharp cheddar cheese shredded for garnish
- ☐ 8 slices sourdough white sliced
- ☐ 4 cups milk whole

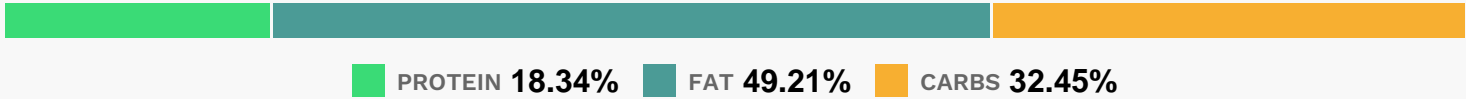
## Equipment

- ☐ ladle
- ☐ whisk
- ☐ pot

## Directions

- ☐ In a large pot over medium heat, melt the butter, then add the onion, and stir it around to cook, 3 to 4 minutes.
- ☐ Sprinkle the flour on top of the onion and use a whisk to work in the flour. Once it's combined, cook the onion-flour mixture for 2 to 3 minutes.
- ☐ Add the milk and half and half, whisking constantly until combined.
- ☐ Sprinkle in the salt, pepper, and nutmeg.
- ☐ Add the broccoli florets and stir them into the soup. Cover the pot and reduce the heat to low, then simmer the soup until it's thickened and the broccoli is tender, 20 to 25 minutes. Stir in the chicken broth and check the consistency. The soup should be thick, but if it still seems too thick, splash in a little more broth. Then throw in the cheese! Stir it in until it's melted, taste and adjust the seasonings . . . and get ready to serve it up. At an angle, cut off the top third of the bread.
- ☐ Remove the "lid". Tear out chunks of bread, leaving a ½-inch rim around the crust. (Save the bread in a plastic storage bag for another use.) Ladle in the thick, yummy soup and top it with more shredded cheese.
- ☐ Serve it to trick-or-treaters before they head out to collect your . . . I mean their candy.

# Nutrition Facts



## Properties

Glycemic Index:42.62, Glycemic Load:19.63, Inflammation Score:-10, Nutrition Score:35.802174008411%

## Flavonoids

Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 16.42mg, Kaempferol: 16.42mg, Kaempferol: 16.42mg, Kaempferol: 16.42mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.33mg, Quercetin: 9.33mg, Quercetin: 9.33mg

## Nutrients (% of daily need)

Calories: 549.01kcal (27.45%), Fat: 30.96g (47.63%), Saturated Fat: 16.56g (103.52%), Carbohydrates: 45.92g (15.31%), Net Carbohydrates: 38.68g (14.06%), Sugar: 12.38g (13.75%), Cholesterol: 81.26mg (27.09%), Sodium: 905.3mg (39.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.96g (51.93%), Vitamin C: 187.2mg (226.91%), Vitamin K: 216.92µg (206.59%), Calcium: 649.83mg (64.98%), Phosphorus: 537.94mg (53.79%), Selenium: 34.65µg (49.49%), Folate: 193.61µg (48.4%), Manganese: 0.93mg (46.28%), Vitamin B2: 0.78mg (45.92%), Vitamin A: 2162.9IU (43.26%), Vitamin B1: 0.45mg (30.29%), Fiber: 7.24g (28.98%), Potassium: 954.12mg (27.26%), Vitamin B6: 0.53mg (26.51%), Zinc: 3.57mg (23.81%), Magnesium: 88.62mg (22.16%), Vitamin B5: 2.16mg (21.64%), Vitamin B3: 4.09mg (20.44%), Iron: 3.39mg (18.84%), Vitamin B12: 1.03µg (17.09%), Vitamin E: 2.49mg (16.63%), Copper: 0.2mg (9.83%), Vitamin D: 1.18µg (7.85%)