



Broccoli-Cheddar Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



160 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups broccoli chopped
- 1 cup milk cheddar cheese 2% kraft
- 10 oz condensed chicken broth canned
- 1 cup milk fat-free
- 0.5 cup rice white instant uncooked
- 2 Tbsp lite house dressing italian kraft
- 1 onion chopped
- 2 broth cans water canned

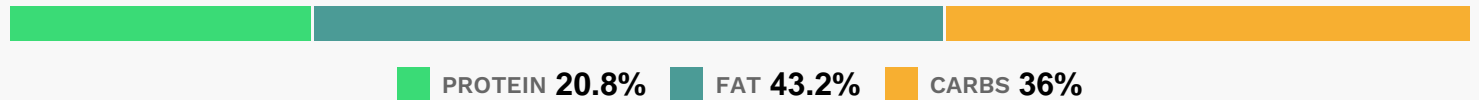
Equipment

- sauce pan
- blender

Directions

- Cook onions in dressing in large saucepan until crisp-tender.
- Add broth, water and broccoli; stir. Bring to boil; cook 8 to 10 min. or until broccoli is tender. Stir in milk and rice; simmer on medium heat 5 min.
- Pour into blender in batches; blend until smooth. Return to saucepan; cook on low heat until heated through, stirring frequently.
- Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:1.92, Inflammation Score:-7, Nutrition Score:14.076086852861%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 4.72mg, Kaempferol: 4.72mg, Kaempferol: 4.72mg, Kaempferol: 4.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 159.83kcal (7.99%), Fat: 7.87g (12.11%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 14.76g (4.92%), Net Carbohydrates: 12.79g (4.65%), Sugar: 4.63g (5.15%), Cholesterol: 21mg (7%), Sodium: 385.01mg (16.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.06%), Vitamin C: 53.71mg (65.1%), Vitamin K: 63.12µg (60.11%), Calcium: 223.15mg (22.31%), Phosphorus: 185.07mg (18.51%), Folate: 64.92µg (16.23%), Selenium: 10.66µg (15.23%), Vitamin B2: 0.24mg (14.12%), Vitamin A: 640.58IU (12.81%), Manganese: 0.24mg (12.19%), Vitamin B1: 0.16mg (10.38%), Potassium: 309.4mg (8.84%), Vitamin B6: 0.17mg (8.66%), Zinc: 1.29mg (8.58%), Fiber: 1.97g (7.89%), Vitamin B12: 0.45µg (7.43%), Magnesium: 25.93mg (6.48%), Vitamin B5: 0.62mg (6.17%), Iron: 0.99mg (5.52%), Vitamin B3: 1.07mg (5.33%), Vitamin E: 0.73mg (4.88%), Vitamin D: 0.56µg (3.75%), Copper: 0.06mg (3.23%)