



Broccoli-Cheddar Soup

READY IN



50 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon chopped
- 1 head broccoli chopped
- 1 stalk celery chopped
- 1 cup edamame frozen thawed
- 3 tablespoons flour all-purpose
- 0.8 cup half-and-half
- 4 servings kosher salt and pepper freshly ground
- 2 cups chicken broth low-sodium
- 1 bunch scallions chopped

1 cup cheddar cheese shredded white

Equipment

bowl

paper towels

pot

blender

slotted spoon

dutch oven

Directions

Cook the bacon in a large Dutch oven over medium-high heat, stirring occasionally, until crisp, about 10 minutes.

Transfer to paper towels with a slotted spoon; set aside to drain.

Add the scallions and celery to the drippings in the pot and cook until slightly softened, about 2 minutes.

Add the flour and cook, stirring, until incorporated.

Add the broccoli, chicken broth, 3 cups water, 1 teaspoon salt and a few grinds of pepper. Increase the heat to high and bring to a boil.

Add the edamame, reduce the heat to medium low and simmer until slightly thickened, about 10 minutes. Working in batches, transfer the soup to a blender and puree until smooth; return to the pot. Stir in the half-and-half and simmer 5 minutes. Stir in the cheese and continue to cook, stirring, until the soup thickens, about 5 more minutes. Season with salt and pepper. Divide among bowls and top with the bacon.

Photograph by Johnny Miller

Nutrition Facts



PROTEIN 21.68% **FAT 52.34%** **CARBS 25.98%**

Properties

Glycemic Index:49.5, Glycemic Load:5.39, Inflammation Score:-9, Nutrition Score:25.480869661207%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 12.02mg, Kaempferol: 12.02mg, Kaempferol: 12.02mg, Kaempferol: 12.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 359.93kcal (18%), Fat: 21.78g (33.51%), Saturated Fat: 10.48g (65.47%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 18.4g (6.69%), Sugar: 5.99g (6.66%), Cholesterol: 51.39mg (17.13%), Sodium: 573.68mg (24.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.3g (40.59%), Vitamin C: 137.43mg (166.58%), Vitamin K: 171.67µg (163.5%), Calcium: 364.77mg (36.48%), Phosphorus: 334.75mg (33.47%), Folate: 120.79µg (30.2%), Vitamin A: 1499.44IU (29.99%), Vitamin B2: 0.47mg (27.83%), Potassium: 900.85mg (25.74%), Selenium: 17.44µg (24.92%), Fiber: 5.92g (23.67%), Manganese: 0.38mg (19.12%), Vitamin B6: 0.36mg (18.14%), Vitamin B3: 3.49mg (17.45%), Iron: 2.84mg (15.78%), Zinc: 2.16mg (14.41%), Vitamin B1: 0.21mg (13.98%), Magnesium: 50.13mg (12.53%), Vitamin B5: 1.23mg (12.34%), Vitamin E: 1.62mg (10.81%), Vitamin B12: 0.56µg (9.31%), Copper: 0.17mg (8.47%), Vitamin D: 0.21µg (1.42%)