



Broccoli-Cheddar Soup



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups broccoli florets chopped
- ☐ 2 stalks celery finely chopped
- ☐ 2 cups half-and-half
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion finely chopped

- ☐ 1 pound russet potatoes peeled chopped
- ☐ 1.3 cups sharp cheddar cheese shredded
- ☐ 1 pound sweet potatoes peeled chopped

Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ microwave
- ☐ immersion blender

Directions

- ☐ Heat the olive oil in a large pot over medium-high heat.
- ☐ Add the onion and celery and cook, stirring, until softened, about 5 minutes.
- ☐ Add the chicken broth, half-and-half, both potatoes, bay leaf, 2 cups water, 1 teaspoon salt and 1/4 teaspoon pepper and bring to a boil.
- ☐ Reduce the heat to medium low and simmer until the potatoes are tender, about 10 minutes. Meanwhile, put the broccoli in a microwave-safe bowl; add 3 tablespoons water and season with salt. Cover with plastic wrap and microwave until crisp-tender, about 4 minutes; drain.
- ☐ When the potatoes are tender, remove the bay leaf from the soup and transfer the soup to a blender. Puree until smooth, leaving the filler cap slightly open to let steam escape (or puree the soup in the pot with an immersion blender). Return the soup to the pot and thin with water, if necessary. Return to a simmer over medium-low heat; stir in the broccoli and season with salt and pepper.
- ☐ Add the cheese and stir until melted. Ladle the soup into bowls and top with croutons, if desired.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:65.19, Glycemic Load:28.87, Inflammation Score:-10, Nutrition Score:30.837826137957%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg, Kaempferol: 3.8mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 609.41kcal (30.47%), Fat: 34.81g (53.55%), Saturated Fat: 17.04g (106.49%), Carbohydrates: 57.05g (19.02%), Net Carbohydrates: 50.19g (18.25%), Sugar: 12.93g (14.36%), Cholesterol: 80.02mg (26.67%), Sodium: 649.64mg (28.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.86g (41.71%), Vitamin A: 17270.04IU (345.4%), Vitamin C: 53.53mg (64.88%), Vitamin K: 63.15µg (60.15%), Calcium: 485.36mg (48.54%), Phosphorus: 481.36mg (48.14%), Vitamin B6: 0.85mg (42.72%), Potassium: 1381.4mg (39.47%), Vitamin B2: 0.62mg (36.18%), Manganese: 0.63mg (31.49%), Fiber: 6.85g (27.41%), Selenium: 17.02µg (24.32%), Magnesium: 92.42mg (23.11%), Vitamin B5: 2.1mg (20.98%), Copper: 0.41mg (20.59%), Folate: 81.02µg (20.26%), Vitamin B3: 3.96mg (19.8%), Zinc: 2.9mg (19.35%), Vitamin B1: 0.28mg (18.52%), Vitamin E: 2.31mg (15.42%), Iron: 2.52mg (13.98%), Vitamin B12: 0.75µg (12.45%), Vitamin D: 0.23µg (1.51%)