



Broccoli-Cheddar Soup

 Gluten Free

READY IN



38 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baking potato cubed peeled
- ☐ 5 cups broccoli florets fresh divided chopped
- ☐ 0.3 cup carrots chopped
- ☐ 1 garlic clove minced
- ☐ 2 cups milk 1% low-fat
- ☐ 3 cups lower-sodium chicken broth fat-free
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt divided

- ☐ 1 cup sharp cheddar cheese shredded reduced-fat
- ☐ 3 tablespoons butter unsalted
- ☐ 2 cups water divided

Equipment

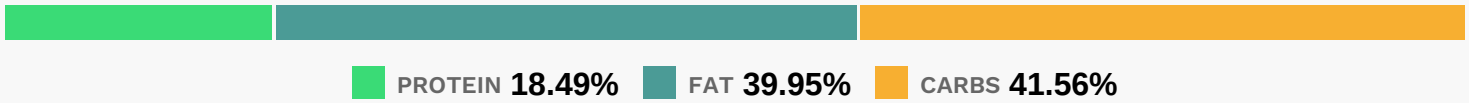
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender
- ☐ plastic wrap
- ☐ microwave
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Place potato and 1/4 teaspoon salt in a large saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 10 minutes or until tender; drain.
- ☐ While potatoes cook, melt butter in a large Dutch oven over medium heat. Saut onion, carrot, and garlic 5 minutes or until tender.
- ☐ Add 4 cups broccoli, broth, 2 cups water, and 1/4 teaspoon salt; bring to a simmer, and cook 10 minutes or until broccoli is tender. Stir in potatoes.
- ☐ Combine 1 cup broccoli and 2 tablespoons water in a microwave-safe bowl. Cover with plastic wrap; vent. Microwave at HIGH 1 minute or until bright green.
- ☐ Drain.
- ☐ Process mixture in Dutch oven with a hand-held immersion blender until smooth or place half of broccoli mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour into a large bowl. Repeat procedure with remaining broccoli mixture. Return pureed mixture to Dutch oven.

Add milk and cheese; cook over low heat 2 minutes, stirring until cheese melts and soup is smooth. Stir in steamed broccoli. Ladle soup into individual bowls.

Nutrition Facts



Properties

Glycemic Index:41.26, Glycemic Load:16.14, Inflammation Score:-9, Nutrition Score:22.608260755954%

Flavonoids

Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 6.14mg, Kaempferol: 6.14mg, Kaempferol: 6.14mg, Kaempferol: 6.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 287.47kcal (14.37%), Fat: 13.24g (20.36%), Saturated Fat: 7.78g (48.66%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 27.05g (9.84%), Sugar: 7.35g (8.17%), Cholesterol: 37.82mg (12.61%), Sodium: 608.43mg (26.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.56%), Vitamin C: 75.89mg (91.99%), Vitamin K: 81.22µg (77.36%), Vitamin A: 2179.83IU (43.6%), Potassium: 1101.63mg (31.48%), Calcium: 294.46mg (29.45%), Vitamin B6: 0.59mg (29.31%), Phosphorus: 285mg (28.5%), Vitamin B2: 0.33mg (19.36%), Manganese: 0.37mg (18.71%), Folate: 73.95µg (18.49%), Fiber: 3.93g (15.74%), Magnesium: 58.03mg (14.51%), Selenium: 9.56µg (13.66%), Vitamin B1: 0.2mg (13.63%), Vitamin B5: 1.16mg (11.6%), Vitamin B12: 0.69µg (11.52%), Zinc: 1.71mg (11.42%), Copper: 0.18mg (8.81%), Vitamin B3: 1.73mg (8.63%), Iron: 1.53mg (8.51%), Vitamin D: 1.08µg (7.22%), Vitamin E: 0.97mg (6.49%)