

# Broccoli Cheddar Soup, A Panera Bread Co. Copycat

READY IN

SERVINGS

CALORIES

A5 min.

4 611 kcal

MAIN DISH

MAIN COURSE

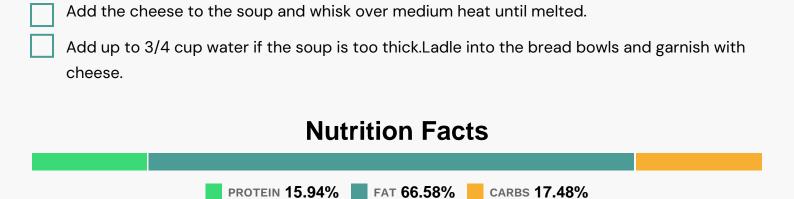
LUNCH

Ingredients

2 bay leaves
4 cups broccoli florets (1head)
0.3 cup butter
1 large carrots diced
0.3 cup flour
2 cups half and half

4 servings salt and pepper freshly ground

	3 cups chicken broth low-sodium
	0.3 teaspoon nutmeg
	1 onion chopped
	8 ounces sharp cheddar cheese white yellow grated plus more for garnish
	7 inches sourdough bread (round loaves)
Equipment	
	bowl
	ladle
	knife
	whisk
	pot
	blender
	dutch oven
	immersion blender
Directions	
	Melt the butter in a large Dutch oven or pot over medium heat.
	Add the onion and cook until tender, about 5 minutes.
	Whisk in the flour and cook until golden, 3 to 4 minutes, then gradually whisk in the half-and-half until smooth.
	Add the chicken broth, bay leaves and nutmeg, then season with salt and pepper and bring to a simmer.Reduce the heat to medium-low and cook, uncovered, until thickened, about 20 minutes.Meanwhile, prepare the bread bowls: Using a sharp knife, cut a circle into the top of each loaf, leaving a 1-inch border all around.
	Remove the bread top, then hollow out the middle with a fork or your fingers, leaving a thick bread shell.
	Add the broccoli and carrot to the broth mixture and simmer until tender, about 20 minutes. Discard the bay leaves. Pure the soup in batches in a blender until smooth; you'll still have flecks of carrot and broccoli. Return to the pot. (Or pure the soup in the pot with an immersion blender.)



### **Properties**

Glycemic Index:102.08, Glycemic Load:8.81, Inflammation Score:-10, Nutrition Score:31.271739130435%

#### **Flavonoids**

Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Kaempferol: 7.36mg, Kaempferol: 7.36mg, Kaempferol: 7.36mg, Kaempferol: 7.36mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

#### **Taste**

Sweetness: 27.64%, Saltiness: 100%, Sourness: 20.29%, Bitterness: 29.43%, Savoriness: 66.52%, Fattiness: 74.45%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 610.55kcal (30.53%), Fat: 46.4g (71.39%), Saturated Fat: 27.19g (169.95%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 23.74g (8.63%), Sugar: 9.25g (10.28%), Cholesterol: 129.55mg (43.18%), Sodium: 853.23mg (37.1%), Protein: 24.99g (49.99%), Vitamin C: 85.39mg (103.5%), Vitamin A: 4928.79IU (98.58%), Vitamin K: 99.29µg (94.56%), Calcium: 600.1mg (60.01%), Phosphorus: 518.9mg (51.89%), Vitamin B2: 0.72mg (42.64%), Selenium: 26.41µg (37.73%), Folate: 101.89µg (25.47%), Zinc: 3.31mg (22.08%), Potassium: 758.62mg (21.67%), Vitamin B3: 4.06mg (20.3%), Vitamin B6: 0.34mg (17.21%), Vitamin B12: 1.03µg (17.2%), Manganese: 0.34mg (17.2%), Vitamin B1: 0.24mg (15.73%), Fiber: 3.69g (14.74%), Magnesium: 56.92mg (14.23%), Vitamin E: 1.91mg (12.7%), Vitamin B5: 1.25mg (12.53%), Iron: 1.87mg (10.36%), Copper: 0.2mg (10.15%), Vitamin D: 0.34µg (2.27%)