



Broccoli Cheddar Soup, A Panera Bread Co. Copycat

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 4 cups broccoli florets (1 head)
- 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.Puree the soup in batches in a blender until smooth; you'll still have flecks of carrot and broccoli.Return to the pot. (Or puree the soup in the pot with an immersion blender.)

- Add the cheese to the soup and whisk over medium heat until melted.
- Add up to 3/4 cup water if the soup is too thick.Ladle into the bread bowls and garnish with cheese.

Nutrition Facts

PROTEIN 15.94% **FAT 66.58%** **CARBS 17.48%**

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 Kaempferol: 7.36mg, Kaempferol: 7.36mg, Kaempferol: 7.36mg, Kaempferol: 7.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.59mg, 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%)