



Broccoli Cheese Soup

 Popular

READY IN



45 min.

SERVINGS



10

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 heads broccoli cut into 1-inch pieces
- ☐ 3 cups cheese grated plus more for garnish, optional mild Cheddar, sharp Cheddar, Jack, etc.
- ☐ 1 cup chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups half-and-half
- ☐ 1 pinch nutmeg
- ☐ 10 servings olive oil for drizzling
- ☐ 1 onion diced whole

- ☐ 10 servings salt and pepper black freshly ground
- ☐ 4 ounces butter unsalted
- ☐ 4 cups milk whole

Equipment

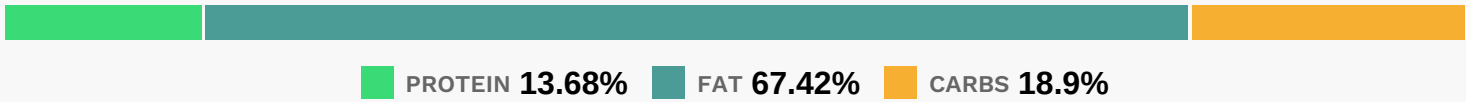
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ potato masher

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Remove 2 cups of the broccoli florets, cut in half, drizzle with olive oil and sprinkle with salt and pepper.
- ☐ Place on a baking sheet cut-side down and bake until the florets begin to crisp and turn slightly brown.
- ☐ Meanwhile, melt the butter in a pot over medium heat.
- ☐ Add the onions and cook until softened, 3 to 4 minutes.
- ☐ Sprinkle the flour on top. Stir to combine and cook until the flour is absorbed and smells lightly toasted, 1 minute or so.
- ☐ Add the milk and half-and-half.
- ☐ Add the nutmeg, then the broccoli, a small dash of salt and plenty of black pepper. Cover the pot and reduce the heat to low. Simmer until the broccoli is tender, 20 to 30 minutes. Stir in the cheese and allow to melt.
- ☐ Taste and season with salt and pepper as needed.
- ☐ Serve the soup as is, mash with a potato masher to break up the broccoli a bit, or transfer to a blender in two batches and puree completely. (If you puree in a blender, return the soup to the heat to heat back up. Splash in some chicken broth if needed for thinning.)

Garnish with the toasted broccoli or grated cheese and serve.

Nutrition Facts



Properties

Glycemic Index:30.1, Glycemic Load:7.66, Inflammation Score:-10, Nutrition Score:32.348260692928%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 19.14mg, Kaempferol: 19.14mg, Kaempferol: 19.14mg, Kaempferol: 19.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg

Nutrients (% of daily need)

Calories: 569.78kcal (28.49%), Fat: 44.45g (68.39%), Saturated Fat: 19.8g (123.77%), Carbohydrates: 28.05g (9.35%), Net Carbohydrates: 21.38g (7.77%), Sugar: 11.55g (12.84%), Cholesterol: 87.4mg (29.13%), Sodium: 457.85mg (19.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.29g (40.58%), Vitamin C: 218.19mg (264.47%), Vitamin K: 259.24µg (246.9%), Calcium: 533.4mg (53.34%), Vitamin A: 2468.98IU (49.38%), Phosphorus: 472.05mg (47.21%), Folate: 171.94µg (42.98%), Vitamin B2: 0.7mg (41.42%), Vitamin E: 4.62mg (30.77%), Selenium: 20.76µg (29.65%), Potassium: 1034.19mg (29.55%), Manganese: 0.59mg (29.4%), Vitamin B6: 0.55mg (27.43%), Fiber: 6.67g (26.68%), Vitamin B5: 2.09mg (20.85%), Magnesium: 79.61mg (19.9%), Vitamin B1: 0.3mg (19.69%), Zinc: 2.91mg (19.39%), Vitamin B12: 1µg (16.71%), Iron: 2.18mg (12.11%), Vitamin B3: 2.04mg (10.22%), Vitamin D: 1.45µg (9.65%), Copper: 0.15mg (7.68%)