



## Broccoli Cheese Soup

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



171 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 24 oz broccoli frozen
- 0.8 cup vegetable stock
- 0.3 teaspoon pepper freshly ground
- 12 oz evaporated milk fat-free canned
- 0.3 cup sharp cheddar cheese shredded reduced-fat

### Equipment

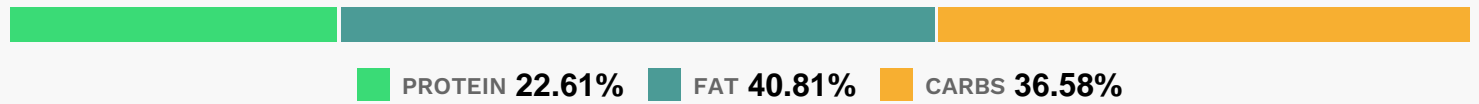
- bowl
- sauce pan

blender

## Directions

- In 3-quart saucepan, mix broccoli and cheese sauce chips, broth, pepper and milk.
- Heat to boiling, stirring occasionally; reduce heat. Cover; simmer 10 minutes or until broccoli is crisp-tender and cheese is melted. Cool slightly.
- In blender, place half of broccoli mixture. Cover; blend on high speed until smooth.
- Pour mixture into bowl. Repeat with remaining broccoli mixture. Return pureed broccoli mixture to saucepan; heat until hot. Top individual servings with cheese.

## Nutrition Facts



## Properties

Glycemic Index:27.2, Glycemic Load:2.02, Inflammation Score:-8, Nutrition Score:20.32999996517%

## Flavonoids

Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 10.67mg, Kaempferol: 10.67mg, Kaempferol: 10.67mg, Kaempferol: 10.67mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

## Nutrients (% of daily need)

Calories: 170.87kcal (8.54%), Fat: 8.21g (12.63%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 13g (4.73%), Sugar: 9.47g (10.52%), Cholesterol: 27.26mg (9.09%), Sodium: 307.31mg (13.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.24g (20.47%), Vitamin C: 122.67mg (148.7%), Vitamin K: 139.55µg (132.91%), Calcium: 295.24mg (29.52%), Phosphorus: 262.59mg (26.26%), Vitamin B2: 0.41mg (23.98%), Vitamin A: 1161.49IU (23.23%), Folate: 92.77µg (23.19%), Potassium: 643.29mg (18.38%), Manganese: 0.3mg (15.17%), Fiber: 3.56g (14.25%), Vitamin B6: 0.28mg (13.88%), Vitamin B5: 1.25mg (12.46%), Magnesium: 47.11mg (11.78%), Selenium: 7.1µg (10.15%), Zinc: 1.36mg (9.06%), Vitamin B1: 0.13mg (8.73%), Vitamin E: 1.23mg (8.19%), Iron: 1.14mg (6.36%), Vitamin B3: 1.01mg (5.03%), Copper: 0.08mg (4.07%), Vitamin B12: 0.19µg (3.15%)