



## Broccoli Cheese Soup

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



391 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

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

### Equipment

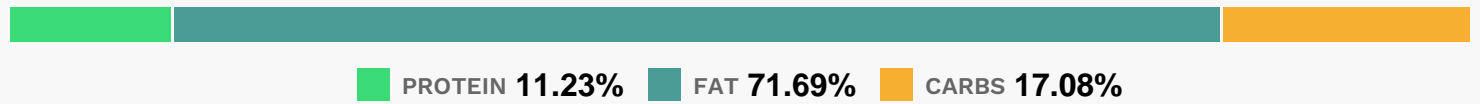
- bowl
- sauce pan

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:20.8, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:5.5730435527537%

## Nutrients (% of daily need)

Calories: 391.31kcal (19.57%), Fat: 32.07g (49.33%), Saturated Fat: 10.01g (62.59%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 17.17g (6.24%), Sugar: 12.6g (14%), Cholesterol: 39.51mg (13.17%), Sodium: 1379.61mg (59.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.6%), Calcium: 328.44mg (32.84%), Vitamin A: 1043.1IU (20.86%), Phosphorus: 172.78mg (17.28%), Vitamin B2: 0.25mg (14.61%), Potassium: 213.29mg (6.09%), Zinc: 0.8mg (5.34%), Selenium: 3.7µg (5.29%), Vitamin B5: 0.47mg (4.67%), Magnesium: 18.53mg (4.63%), Vitamin B12: 0.19µg (3.15%), Vitamin B1: 0.03mg (2.28%), Vitamin B6: 0.04mg (1.98%), Folate: 7.04µg (1.76%), Vitamin C: 1.29mg (1.57%), Vitamin E: 0.17mg (1.11%)