



Broccoli Cheese Soup

 **Gluten Free**

READY IN



40 min.

SERVINGS



12

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce broccoli frozen chopped
- 0.5 cup butter
- 58 ounce chicken broth canned
- 0.7 cup cornstarch
- 1 tablespoon garlic powder
- 2 cups milk
- 1 onion chopped
- 1 pound processed cheese food cubed

1 cup water

Equipment

bowl

pot

Directions

In a stockpot, melt butter over medium heat. Cook onion in butter until softened. Stir in broccoli, and cover with chicken broth. Simmer until broccoli is tender, 10 to 15 minutes.

Reduce heat, and stir in cheese cubes until melted.

Mix in milk and garlic powder.

In a small bowl, stir cornstarch into water until dissolved. Stir into soup; cook, stirring frequently, until thick.

Nutrition Facts


■ PROTEIN 33.59% ■ FAT 55.11% ■ CARBS 11.3%

Properties

Glycemic Index:14.92, Glycemic Load:1.8, Inflammation Score:-7, Nutrition Score:20.446521655373%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg, Kaempferol: 3.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 531.76kcal (26.59%), Fat: 32.24g (49.61%), Saturated Fat: 15.58g (97.35%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 13.62g (4.95%), Sugar: 3.86g (4.29%), Cholesterol: 131.53mg (43.84%), Sodium: 1383.21mg (60.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.23g (88.46%), Phosphorus: 526.57mg (52.66%), Selenium: 35.06µg (50.09%), Calcium: 487.61mg (48.76%), Vitamin C: 34.4mg (41.7%), Vitamin K: 43.51µg (41.44%), Vitamin B12: 2.17µg (36.21%), Zinc: 4.74mg (31.59%), Vitamin A: 1137.65IU (22.75%), Vitamin B6: 0.39mg (19.7%), Vitamin B2: 0.33mg (19.56%), Vitamin B3: 3.62mg (18.11%), Iron: 2.39mg (13.26%), Potassium: 463.81mg (13.25%), Magnesium: 50.71mg (12.68%), Vitamin E: 1.28mg (8.55%), Folate: 31.92µg (7.98%), Manganese: 0.12mg (5.93%), Copper: 0.12mg (5.93%), Vitamin B5: 0.55mg (5.47%), Vitamin D: 0.81µg (5.41%), Fiber: 1.26g (5.05%), Vitamin B1:

0.06mg (4.19%)