



Broccoli-Cheese Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounces broccoli florets coarsely chopped
- ☐ 0.5 cup carrots chopped
- ☐ 3 cups chicken stock see unsalted
- ☐ 0.3 cup parsley fresh
- ☐ 2 garlic clove minced
- ☐ 0.8 cup half and half
- ☐ 4 ounces cheddar cheese shredded extra-sharp divided reduced-fat

- ☐ 0.4 teaspoon salt
- ☐ 1 cup onion diced yellow

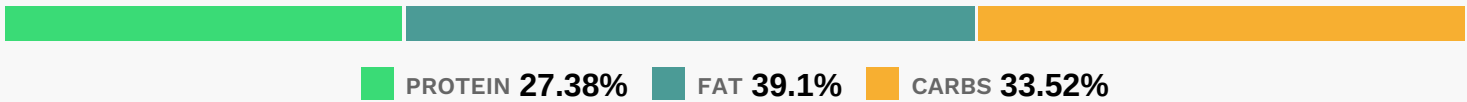
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine first 7 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 10 minutes or until broccoli is tender.
- ☐ Pour soup into a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return soup to pan. Stir in half-and-half and 2 ounces cheese. Top evenly with remaining cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:49.96, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:21.13478272635%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg, Kaempferol: 4.8mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 10.04mg, Quercetin: 10.04mg, Quercetin: 10.04mg, Quercetin: 10.04mg

Nutrients (% of daily need)

Calories: 219.02kcal (10.95%), Fat: 9.69g (14.91%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 18.69g (6.23%), Net Carbohydrates: 15.9g (5.78%), Sugar: 8.33g (9.26%), Cholesterol: 27.23mg (9.08%), Sodium: 710.32mg (30.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.53%), Vitamin K: 122.96µg (117.1%), Vitamin

C: 60.7mg (73.58%), Vitamin A: 3568.42IU (71.37%), Phosphorus: 288.21mg (28.82%), Vitamin B2: 0.4mg (23.27%), Calcium: 221.31mg (22.13%), Vitamin B3: 3.54mg (17.67%), Vitamin B6: 0.34mg (16.84%), Potassium: 584.87mg (16.71%), Folate: 65.61µg (16.4%), Selenium: 11.38µg (16.26%), Manganese: 0.24mg (12.16%), Fiber: 2.79g (11.16%), Vitamin B1: 0.16mg (10.37%), Magnesium: 36.57mg (9.14%), Zinc: 1.34mg (8.96%), Copper: 0.17mg (8.49%), Iron: 1.34mg (7.43%), Vitamin B5: 0.63mg (6.26%), Vitamin E: 0.77mg (5.14%), Vitamin B12: 0.23µg (3.75%)