



Broccoli –Cheese Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound broccoli florets
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 cup heavy cream
- ☐ 2 tablespoon olive oil
- ☐ 0.5 cup onion diced
- ☐ 0.3 teaspoon paprika
- ☐ 4 servings salt and pepper
- ☐ 1 cup cheddar cheese shredded

☐ 4 cups vegetable broth

Equipment

☐ pot

☐ blender

Directions

☐ In a medium pot over medium–high heat add the olive oil and onion. Cook for 5 minutes, stirring often.

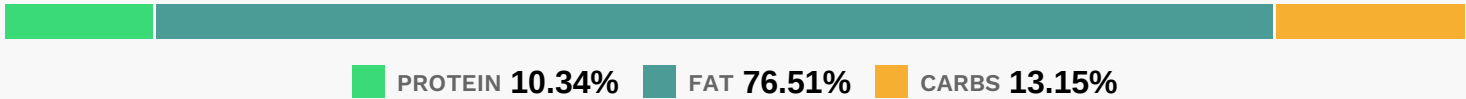
☐ Add the broccoli florets and cook for about 2 minutes.

☐ Add the broth, cream, cumin, paprika, salt and pepper. Bring to a boil, and then reduce the heat to low and let it simmer for about 12 to 15 minutes.

☐ Transfer the soup to a blender and blend until smooth.

☐ Transfer back to the pot and add the cheese. Stir to combine and cook for about 5 more minutes. Adjust the seasoning and serve warm.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:3.42, Inflammation Score:-9, Nutrition Score:21.835217372231%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 9.02mg, Kaempferol: 9.02mg, Kaempferol: 9.02mg, Kaempferol: 9.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg, Quercetin: 7.76mg

Nutrients (% of daily need)

Calories: 438.57kcal (21.93%), Fat: 38.57g (59.34%), Saturated Fat: 20.22g (126.36%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 11.56g (4.2%), Sugar: 6.62g (7.36%), Cholesterol: 95.49mg (31.83%), Sodium: 1373.27mg (59.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.73g (23.46%), Vitamin C: 103mg (124.85%), Vitamin K: 122.65µg (116.81%), Vitamin A: 2428.29IU (48.57%), Calcium: 298.53mg (29.85%), Phosphorus:

245.55mg (24.56%), Vitamin B2: 0.38mg (22.14%), Folate: 83.63µg (20.91%), Selenium: 12.73µg (18.19%), Vitamin E: 2.7mg (17.98%), Manganese: 0.27mg (13.7%), Potassium: 471.01mg (13.46%), Fiber: 3.35g (13.38%), Vitamin B6: 0.27mg (13.3%), Zinc: 1.69mg (11.27%), Magnesium: 38.29mg (9.57%), Vitamin B5: 0.95mg (9.46%), Vitamin D: 1.12µg (7.48%), Vitamin B1: 0.11mg (7.4%), Vitamin B12: 0.39µg (6.58%), Iron: 1.12mg (6.25%), Vitamin B3: 0.82mg (4.09%), Copper: 0.08mg (4.07%)