



## Broccoli Cheese Soup III

 Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



165 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 cups broccoli fresh cut into bite size pieces
- 1.5 quarts chicken broth
- 21.5 ounce campbell's® condensed cream of celery soup canned
- 4 tablespoons cornstarch
- 2 cups milk
- 2 cups cheddar cheese shredded
- 0.5 cup water cold

## Equipment

bowl

pot

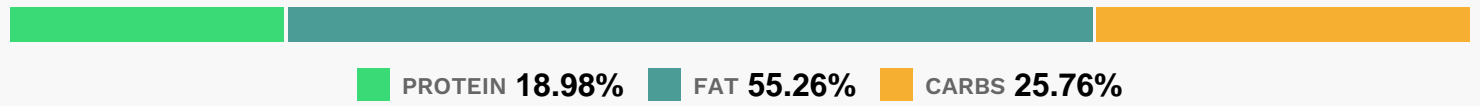
## Directions

In a large soup pot, cook broccoli in broth until tender, about 10 minutes.

In a medium bowl, mix together milk and condensed celery soup. Blend cornstarch with cold water, then stir into soup mixture.

Pour into the pot with the broccoli. Cook over medium heat, stirring steadily until thick and bubbly. Stir in cheese, and simmer, stirring until hot. Do not boil.

## Nutrition Facts



## Properties

Glycemic Index:8.08, Glycemic Load:1.23, Inflammation Score:-5, Nutrition Score:10.308695710224%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 165.04kcal (8.25%), Fat: 10.33g (15.89%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 9.74g (3.54%), Sugar: 3.71g (4.12%), Cholesterol: 31.67mg (10.56%), Sodium: 850mg (36.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.97%), Vitamin K: 39.23µg (37.36%), Vitamin C: 26.27mg (31.84%), Calcium: 218.29mg (21.83%), Phosphorus: 167.01mg (16.7%), Vitamin B2: 0.26mg (15.48%), Selenium: 8.3µg (11.85%), Vitamin A: 582.94IU (11.66%), Manganese: 0.22mg (11.13%), Vitamin B5: 0.88mg (8.75%), Vitamin B12: 0.46µg (7.72%), Vitamin E: 1.14mg (7.62%), Zinc: 1.12mg (7.5%), Potassium: 239.35mg (6.84%), Folate: 23.45µg (5.86%), Vitamin B1: 0.09mg (5.71%), Magnesium: 20.03mg (5.01%), Copper: 0.1mg (4.95%), Vitamin B6: 0.09mg (4.71%), Fiber: 1.09g (4.37%), Vitamin D: 0.56µg (3.74%), Iron: 0.59mg (3.3%), Vitamin B3: 0.63mg (3.17%)