



Broccoli Cheese Soup IV

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce broccoli frozen chopped
- ☐ 8 ounce cream cheese softened
- ☐ 1 tablespoon butter
- ☐ 2.5 cups milk
- ☐ 1 pound processed cheese cubed
- ☐ 0.3 cup onion red chopped

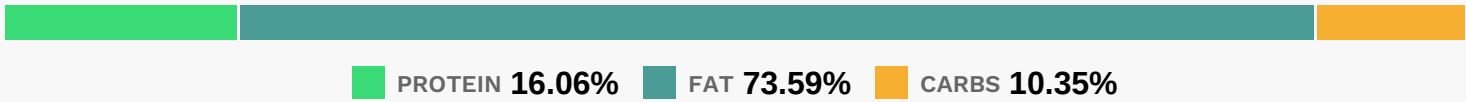
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter or margarine over medium heat in a 2 quart saucepan. Cook and stir onions in butter or margarine until tender.
- ☐ Add milk and cream cheese; stirring until cream cheese melts. Stir in cheese food and broccoli. Stir until cheese food melts, and soup is heated through.

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:4.65, Inflammation Score:-9, Nutrition Score:26.051738998164%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 4.5mg, Kaempferol: 4.5mg, Kaempferol: 4.5mg, Kaempferol: 4.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 611.13kcal (30.56%), Fat: 50.82g (78.18%), Saturated Fat: 28.35g (177.18%), Carbohydrates: 16.09g (5.37%), Net Carbohydrates: 14.48g (5.27%), Sugar: 10.93g (12.14%), Cholesterol: 151.17mg (50.39%), Sodium: 1750.13mg (76.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.9%), Calcium: 1171.4mg (117.14%), Phosphorus: 793.65mg (79.36%), Vitamin C: 51.17mg (62.03%), Vitamin K: 61.54µg (58.61%), Vitamin A: 2117.66IU (42.35%), Selenium: 26µg (37.15%), Vitamin B12: 2.12µg (35.37%), Vitamin B2: 0.55mg (32.62%), Zinc: 3.23mg (21.55%), Potassium: 554.65mg (15.85%), Vitamin B5: 1.42mg (14.16%), Magnesium: 55.1mg (13.77%), Vitamin B6: 0.26mg (12.89%), Vitamin D: 1.89µg (12.58%), Folate: 48.61µg (12.15%), Vitamin E: 1.71mg (11.38%), Vitamin B1: 0.14mg (9.11%), Manganese: 0.18mg (8.82%), Fiber: 1.61g (6.44%), Iron: 1.05mg (5.85%), Copper: 0.08mg (4.1%), Vitamin B3: 0.61mg (3.05%)