



Broccoli Cheese Soup V

READY IN



45 min.

SERVINGS



6

CALORIES



1044 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 ounce broccoli frozen chopped
- 43.5 ounce chicken broth canned
- 0.5 cup flour all-purpose
- 1 pinch ground pepper white
- 6 tablespoons butter
- 2 cups milk
- 1 onion chopped
- 1.5 pounds processed cheese food cubed (eg. Velveeta)

Equipment

- frying pan
- pot

Directions

- In a large pot over medium heat, simmer the broccoli in the broth for 15 minutes. In a separate skillet over medium heat, melt the butter or margarine, add the onions and saute for 5 minutes, or to desired tenderness.
- Add the flour to the onions and stir well, forming a pasty substance. Gradually add the milk and stir until thick.
- Add this mixture to the broccoli mixture in the pot and stir well. Then add the cheese, stirring until melted. Finally, add the pepper. (Note: Be careful not to let the soup boil, or the cheese will break down.)

Nutrition Facts

 **PROTEIN 30.9%**  **FAT 57.96%**  **CARBS 11.14%**

Properties

Glycemic Index:33.17, Glycemic Load:10.54, Inflammation Score:-10, Nutrition Score:45.387826090274%

Flavonoids

Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 11.23mg, Kaempferol: 11.23mg, Kaempferol: 11.23mg, Kaempferol: 11.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 1043.95kcal (52.2%), Fat: 67.22g (103.41%), Saturated Fat: 29.14g (182.11%), Carbohydrates: 29.07g (9.69%), Net Carbohydrates: 24.78g (9.01%), Sugar: 9.69g (10.77%), Cholesterol: 225.93mg (75.31%), Sodium: 3096.2mg (134.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.63g (161.26%), Vitamin C: 127.83mg (154.95%), Vitamin K: 152.61µg (145.34%), Calcium: 1390.51mg (139.05%), Phosphorus: 1236.89mg (123.69%), Selenium: 69.44µg (99.2%), Vitamin B12: 4.21µg (70.16%), Zinc: 8.98mg (59.87%), Vitamin A: 2951.4IU (59.03%), Vitamin B2: 0.81mg (47.68%), Vitamin B6: 0.78mg (38.86%), Vitamin B3: 6.65mg (33.25%), Folate: 125.17µg (31.29%), Potassium: 1077.89mg (30.8%), Magnesium: 112.64mg (28.16%), Iron: 4.95mg (27.49%), Manganese: 0.44mg (22.18%), Vitamin E: 3.16mg (21.03%), Fiber: 4.29g (17.15%), Vitamin B1: 0.25mg (16.99%), Vitamin B5: 1.65mg

(16.53%), Copper: 0.25mg (12.38%), Vitamin D: 1.78μg (11.87%)