

Broccoli Cheese Soup VI

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



200 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups broccoli florets
- 4 cups chicken broth
- 0.5 teaspoon onion flakes dried
- 0.5 cup flour all-purpose
- 0.3 teaspoon pepper black
- 1 cup half and half
- 4 ounces cheddar cheese shredded
- 1 cup water

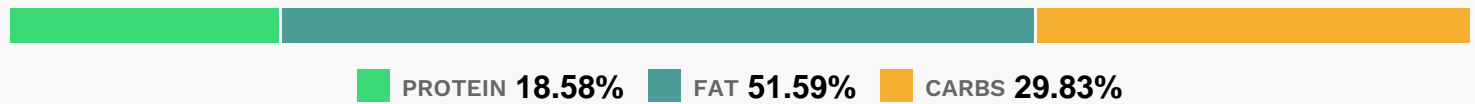
Equipment

- whisk
- pot

Directions

- In a large pot over medium high heat, combine the broth, water, half-and-half, cheese, flour, onion flakes and ground black pepper.
- Whisk all together to break up any lumps.
- Bring to a boil and reduce heat to low. Stir in the broccoli and simmer for 15 to 20 minutes, or until broccoli is tender.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:6.67, Inflammation Score:-7, Nutrition Score:14.633043589799%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 199.53kcal (9.98%), Fat: 11.72g (18.04%), Saturated Fat: 6.57g (41.07%), Carbohydrates: 15.26g (5.09%), Net Carbohydrates: 13.34g (4.85%), Sugar: 3.62g (4.02%), Cholesterol: 36.15mg (12.05%), Sodium: 751.74mg (32.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Vitamin C: 54.79mg (66.41%), Vitamin K: 63.04µg (60.04%), Vitamin B2: 0.38mg (22.18%), Calcium: 215.73mg (21.57%), Phosphorus: 183.81mg (18.38%), Selenium: 12.34µg (17.63%), Folate: 63.16µg (15.79%), Manganese: 0.29mg (14.46%), Vitamin A: 713.77IU (14.28%), Vitamin B1: 0.18mg (11.83%), Potassium: 306.61mg (8.76%), Zinc: 1.29mg (8.63%), Fiber: 1.92g (7.67%), Vitamin B6: 0.15mg (7.54%), Vitamin B3: 1.4mg (7.02%), Magnesium: 26.65mg (6.66%), Iron: 1.1mg (6.12%), Vitamin B5: 0.61mg (6.09%), Vitamin E: 0.79mg (5.24%), Vitamin B12: 0.31µg (5.14%), Copper: 0.09mg (4.36%)