

Broccoli Cheese Soup VIII

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



15

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce broccoli frozen thawed chopped
- 1 cup cornstarch
- 0.5 teaspoon garlic powder
- 1 teaspoon pepper black
- 2 cups half and half
- 2 pounds processed cheese food cubed
- 1 teaspoon salt
- 4 cups water divided

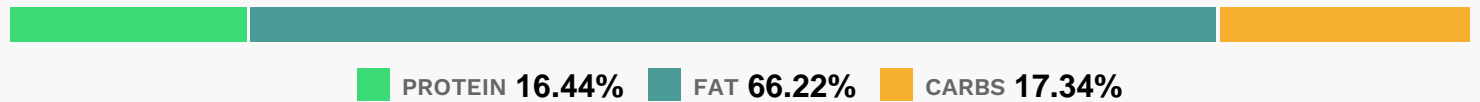
Equipment

- bowl
- whisk
- microwave
- colander

Directions

- Steam the broccoli in a steamer or in a colander over boiling water until tender and bright green, 15 minutes. Set aside.
- In a large microwave safe bowl, combine half-and-half, 2 cups water and cheese. Cook in microwave until cheese is melted and smooth, stirring every 2 minutes. Stir in salt, pepper and garlic powder and cook 2 minutes more. In a separate bowl, combine cornstarch and remaining 2 cups water, stirring to dissolve.
- Whisk the cornstarch mixture into the soup. Return the soup to the microwave, heating and stirring every 2 minutes until thick. Stir in broccoli; heat once more and serve.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:1.01, Inflammation Score:-6, Nutrition Score:13.664782529292%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 310.11kcal (15.51%), Fat: 23.06g (35.47%), Saturated Fat: 13.23g (82.66%), Carbohydrates: 13.58g (4.53%), Net Carbohydrates: 12.67g (4.61%), Sugar: 3.22g (3.57%), Cholesterol: 71.77mg (23.92%), Sodium: 1199.31mg (52.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.88g (25.76%), Calcium: 683.57mg (68.36%), Phosphorus: 440.02mg (44%), Vitamin C: 27.27mg (33.05%), Vitamin K: 33.05µg (31.48%), Selenium: 14.27µg (20.39%), Vitamin A: 874.87IU (17.5%), Vitamin B12: 0.97µg (16.14%), Vitamin B2: 0.24mg (14.11%), Zinc: 1.77mg (11.81%), Magnesium: 26.5mg (6.62%), Potassium: 221.23mg (6.32%), Folate: 24.93µg (6.23%), Manganese: 0.11mg

(5.58%), Vitamin E: 0.8mg (5.35%), Vitamin B6: 0.1mg (5.19%), Vitamin B5: 0.51mg (5.13%), Iron: 0.68mg (3.77%), Fiber: 0.91g (3.62%), Copper: 0.06mg (3.12%), Vitamin B1: 0.04mg (2.72%), Vitamin D: 0.36µg (2.42%), Vitamin B3: 0.28mg (1.38%)