



Broccoli Chowder



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



162 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4.7 oz potatoes
- ☐ 2 cups milk
- ☐ 0.5 cup corn kernels whole frozen canned
- ☐ 0.3 cup celery chopped
- ☐ 32 oz chicken broth
- ☐ 12 oz broccoli frozen
- ☐ 6 ounces swiss cheese shredded

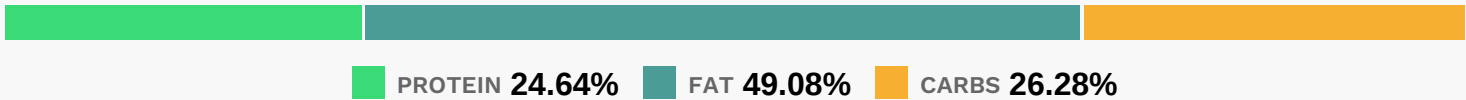
Equipment

☐ dutch oven

Directions

- ☐ Heat Potatoes, Sauce
- ☐ Mix and remaining ingredients except cheese to boiling in 4-quart Dutch oven over high heat, stirring occasionally and breaking up broccoli with fork.
- ☐ Reduce heat; cover and simmer 15 to 20 minutes, stirring occasionally, until potatoes are tender.
- ☐ Stir in cheese. Cover and simmer about 5 minutes, stirring occasionally, just until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:3.86, Inflammation Score:-6, Nutrition Score:12.972608711409%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 161.56kcal (8.08%), Fat: 9.08g (13.98%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 9.22g (3.35%), Sugar: 4.77g (5.3%), Cholesterol: 29.36mg (9.79%), Sodium: 521.79mg (22.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.52%), Vitamin C: 41.47mg (50.27%), Vitamin K: 45.1µg (42.95%), Calcium: 292.35mg (29.24%), Phosphorus: 231.22mg (23.12%), Vitamin B12: 0.99µg (16.57%), Vitamin B2: 0.28mg (16.56%), Selenium: 9.2µg (13.14%), Vitamin A: 561.61IU (11.23%), Zinc: 1.52mg (10.12%), Potassium: 353.24mg (10.09%), Manganese: 0.19mg (9.27%), Vitamin B6: 0.18mg (9.09%), Folate: 36.3µg (9.07%), Magnesium: 29.91mg (7.48%), Vitamin B1: 0.11mg (7.22%), Fiber: 1.73g (6.91%), Vitamin B5: 0.67mg (6.66%), Vitamin D: 0.67µg (4.47%), Vitamin B3: 0.88mg (4.43%), Vitamin E: 0.55mg (3.7%), Copper: 0.07mg (3.55%), Iron: 0.58mg (3.23%)