



Broccoli Chowder with Cheddar Toasts

READY IN



55 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 strips bacon thinly sliced
- ☐ 1 baguette sliced into 8 1/4-inch-thick pieces
- ☐ 10 ounces broccoli peeled sliced
- ☐ 0.5 teaspoon celery seed
- ☐ 4 ounces cheddar cheese cut into 8 thin slices
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cloves garlic smashed
- ☐ 4 servings kosher salt and pepper freshly ground

- ☐ 2 cups chicken broth low-sodium
- ☐ 2 cups milk
- ☐ 6 ounces red-skinned potatoes quartered
- ☐ 2 tablespoons butter unsalted

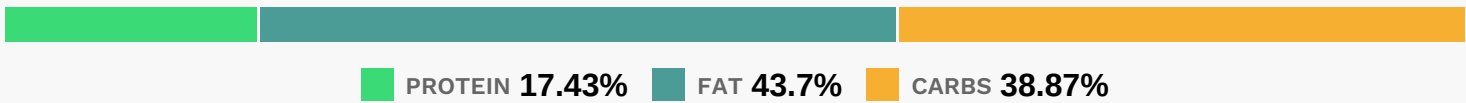
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Cook the bacon in the butter in a medium saucepan over low heat until it renders slightly, about 2 minutes.
- ☐ Add the onion, garlic and celery seed and cook until soft, about 4 minutes. Scatter the flour over the mixture and stir to coat. Gradually add the broth and the milk, whisking until smooth.
- ☐ Add the potatoes and sliced broccoli stem; increase the heat to medium and simmer, covered, until slightly softened, about 5 minutes.
- ☐ Add the broccoli florets and season with 1/2 teaspoon salt. Continue cooking, uncovered, at a rapid simmer until the vegetables are tender, about 5 minutes; season with salt and pepper.
- ☐ Meanwhile, position a rack in the upper part of the oven and preheat the broiler to high.
- ☐ Spread the mustard on each piece of baguette and top with a cheddar slice.
- ☐ Place on a baking sheet and broil until the cheese melts; serve with the soup.

Nutrition Facts



Properties

Glycemic Index:76.44, Glycemic Load:26.12, Inflammation Score:-8, Nutrition Score:28.979130579078%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 2.47mg, Luteolin: 2.47mg, Luteolin: 2.47mg, Luteolin: 2.47mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 538.7kcal (26.93%), Fat: 26.56g (40.86%), Saturated Fat: 13.44g (84%), Carbohydrates: 53.14g (17.71%), Net Carbohydrates: 48.94g (17.8%), Sugar: 10.88g (12.09%), Cholesterol: 65.3mg (21.77%), Sodium: 993.82mg (43.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.67%), Vitamin C: 67.4mg (81.7%), Vitamin K: 77.03µg (73.36%), Calcium: 470.81mg (47.08%), Phosphorus: 449.83mg (44.98%), Selenium: 28.15µg (40.21%), Vitamin B1: 0.6mg (39.74%), Vitamin B2: 0.66mg (38.83%), Folate: 132.54µg (33.13%), Vitamin B3: 6.24mg (31.22%), Manganese: 0.59mg (29.69%), Potassium: 843.91mg (24.11%), Vitamin A: 1108.15IU (22.16%), Vitamin B6: 0.42mg (21.08%), Iron: 3.7mg (20.54%), Vitamin B12: 1.14µg (19.07%), Zinc: 2.8mg (18.7%), Magnesium: 69.53mg (17.38%), Fiber: 4.2g (16.81%), Vitamin B5: 1.44mg (14.39%), Copper: 0.26mg (13%), Vitamin D: 1.66µg (11.07%), Vitamin E: 1.24mg (8.27%)