



WHATSheATE



Broccoli Crawfish Cheese Soup



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



217 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups broccoli fresh chopped
- ☐ 6 cups chicken broth
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 4 tablespoons cornstarch
- ☐ 1 pound crawfish tails
- ☐ 12 servings creole seasoning to taste
- ☐ 1 tablespoon garlic minced

- ☐ 0.3 cup butter
- ☐ 2 cups milk
- ☐ 0.3 cup onion chopped
- ☐ 1 teaspoon pepper sauce hot
- ☐ 8 ounces cheddar cheese shredded
- ☐ 0.5 cup water

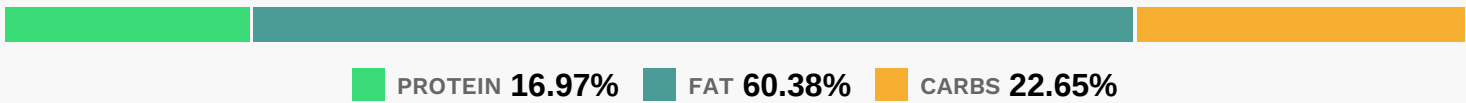
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot over high heat, combine the chicken broth and the broccoli. Cook about 3 to 5 minutes, or until tender. Set aside. In a large skillet, saut E the onions in the butter or margarine for about 5 minutes or until lightly browned.
- ☐ Add the garlic, crawfish or shrimp, hot pepper sauce and Creole seasoning.
- ☐ Saute another 5 minutes and add to the broccoli and broth.
- ☐ In a separate bowl, mix together the cream of chicken soup, the cream of celery soup, and the milk.
- ☐ Mix the cornstarch and cold water and stir into the soup mixture.
- ☐ Mix well.
- ☐ Add mixture to the broccoli and broth. Cook over medium heat, stirring constantly until thick and bubbly. Stir in cheese. Reduce heat to low and stir until cheese is blended. DO NOT BOIL.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:2.33, Inflammation Score:-8, Nutrition Score:12.4521737617%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 216.51kcal (10.83%), Fat: 14.9g (22.92%), Saturated Fat: 6.02g (37.6%), Carbohydrates: 12.58g (4.19%), Net Carbohydrates: 11.02g (4.01%), Sugar: 3.86g (4.29%), Cholesterol: 37.17mg (12.39%), Sodium: 953.38mg (41.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.84%), Vitamin K: 37.54µg (35.76%), Vitamin C: 28.51mg (34.55%), Vitamin A: 1562.49IU (31.25%), Calcium: 222.85mg (22.29%), Phosphorus: 187.43mg (18.74%), Vitamin B2: 0.29mg (17.08%), Selenium: 10.18µg (14.54%), Manganese: 0.25mg (12.7%), Vitamin E: 1.67mg (11.15%), Vitamin B12: 0.6µg (9.98%), Zinc: 1.3mg (8.67%), Potassium: 287.89mg (8.23%), Vitamin B6: 0.16mg (8%), Vitamin B5: 0.73mg (7.26%), Copper: 0.14mg (7%), Folate: 26.8µg (6.7%), Vitamin B1: 0.1mg (6.34%), Magnesium: 24.98mg (6.24%), Fiber: 1.55g (6.22%), Iron: 0.96mg (5.34%), Vitamin B3: 0.92mg (4.62%), Vitamin D: 0.56µg (3.74%)