



Broccoli-Mascarpone Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds broccoli florets cut into 1-inch pieces
- ☐ 0.3 teaspoon ground pepper
- ☐ 3 tablespoons chives fresh chopped
- ☐ 6 cups chicken broth
- ☐ 12 ounces mascarpone cheese italian divided (cream cheese)
- ☐ 3 tablespoons olive oil
- ☐ 1.5 cups shallots sliced (6 large)

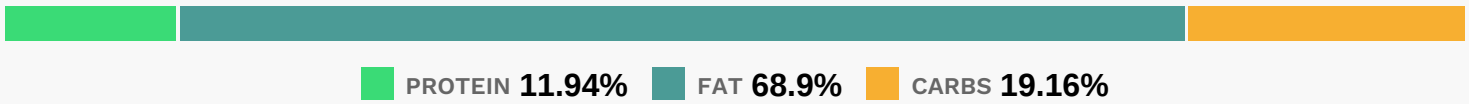
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ Heat oil in large pot over medium heat.
- ☐ Add shallots; sauté 3 minutes.
- ☐ Add broccoli; sauté 1 minute.
- ☐ Add broth; bring to boil. Reduce heat to medium-low. Cover and simmer until vegetables are tender, about 10 minutes. Cool slightly.
- ☐ Working in batches, transfer soup to blender; puree until smooth. Return to pot. Reserve 1/4 cup mascarpone in small bowl; cover and chill.
- ☐ Whisk 1 1/4 cups mascarpone and cayenne pepper into soup. Season with salt. DO AHEAD Can be made 1 day ahead. Cover; chill.
- ☐ Heat soup over medium heat, stirring occasionally; do not boil.
- ☐ Ladle soup into bowls.
- ☐ Garnish with reserved mascarpone.
- ☐ Sprinkle with chopped chives and serve.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:2.92, Inflammation Score:-8, Nutrition Score:17.346521854401%

Flavonoids

Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 6.78mg, Kaempferol: 6.78mg, Kaempferol: 6.78mg, Kaempferol: 6.78mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 327.48kcal (16.37%), Fat: 25.83g (39.73%), Saturated Fat: 13.06g (81.6%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 12.48g (4.54%), Sugar: 5.19g (5.77%), Cholesterol: 42.52mg (14.17%), Sodium: 110.04mg (4.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.14%), Vitamin C: 80.11mg (97.11%), Vitamin K: 92.71µg (88.3%), Vitamin A: 1201.94IU (24.04%), Folate: 69.91µg (17.48%), Potassium: 573.78mg (16.39%), Vitamin B6: 0.32mg (16.13%), Manganese: 0.31mg (15.68%), Vitamin B3: 3.07mg (15.35%), Fiber: 3.68g (14.7%), Phosphorus: 136.68mg (13.67%), Calcium: 124.18mg (12.42%), Vitamin E: 1.46mg (9.72%), Vitamin B2: 0.16mg (9.61%), Iron: 1.58mg (8.76%), Copper: 0.17mg (8.65%), Magnesium: 29.51mg (7.38%), Vitamin B5: 0.62mg (6.2%), Vitamin B1: 0.09mg (5.87%), Zinc: 0.71mg (4.74%), Selenium: 2.67µg (3.82%), Vitamin B12: 0.18µg (2.95%)