



Broccoli Potato Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



172 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets
- 10.8 ounce condensed cream of potato soup canned
- 0.8 teaspoon basil fresh chopped
- 0.8 teaspoon basil fresh chopped
- 0.3 teaspoon pepper black
- 1 tablespoon butter
- 1 cup milk
- 1 onion sliced

0.3 cup cheddar cheese shredded

0.5 cup water

Equipment

sauce pan

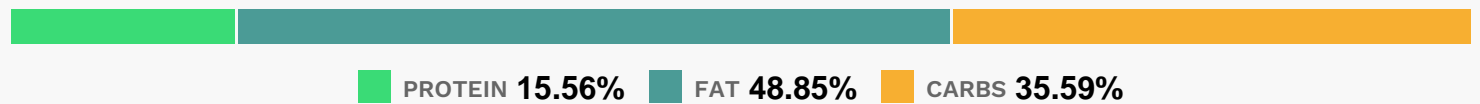
Directions

In a large saucepan over medium heat, saut E the broccoli and onion in the butter or margarine, about 5 minutes, or until tender. Stir in the soup, milk, water, basil and pepper.

Mix well and heat through, about 15 minutes.

Add cheese and stir until melted.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:2.32, Inflammation Score:-6, Nutrition Score:12.598260858785%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 171.93kcal (8.6%), Fat: 9.6g (14.77%), Saturated Fat: 4.33g (27.07%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 13.76g (5%), Sugar: 6.19g (6.88%), Cholesterol: 20.55mg (6.85%), Sodium: 596.34mg (25.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.77%), Vitamin C: 42.63mg (51.68%), Vitamin K: 48.13µg (45.84%), Manganese: 0.38mg (18.97%), Calcium: 184.06mg (18.41%), Phosphorus: 171.96mg (17.2%), Vitamin A: 656.86IU (13.14%), Vitamin B2: 0.21mg (12.35%), Vitamin B5: 1.1mg (10.99%), Potassium: 368.97mg (10.54%), Copper: 0.2mg (9.78%), Folate: 37.47µg (9.37%), Selenium: 6.55µg (9.36%), Vitamin B6: 0.18mg (9%), Zinc: 1.21mg (8.1%), Fiber: 1.99g (7.95%), Vitamin B12: 0.46µg (7.72%), Vitamin B1: 0.1mg (6.91%), Magnesium: 23.57mg (5.89%), Vitamin D: 0.73µg (4.85%), Vitamin E: 0.63mg (4.17%), Iron: 0.71mg (3.93%), Vitamin B3: 0.72mg (3.61%)