



## Broccoli, Red Pepper, and Cheddar Chowder

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 pound broccoli
- ☐ 0.5 teaspoon mustard dry
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 clove l garlic finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.8 cup heavy cream
- ☐ 1 large onion chopped

- ☐ 0.5 pound potatoes boiling
- ☐ 1 bell pepper red cut into 1/2-inch pieces
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sharp cheddar grated
- ☐ 2 tablespoons butter unsalted

## Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ slotted spoon

## Directions

- ☐ Discard tough lower third of broccoli stem. Peel remaining stem and finely chop.
- ☐ Cut remaining broccoli into very small (1-inch) florets. Cook florets in a large pot of boiling salted water until just tender, 2 to 3 minutes.
- ☐ Transfer with a slotted spoon to a bowl of ice water to stop cooking, then drain. Reserve 3 cups cooking water for chowder.
- ☐ Peel potato and cut into 1/2-inch cubes. Cook potato, onion, bell pepper, broccoli stems, and garlic in butter in a 3- to 4-quart heavy pot over moderate heat, stirring occasionally, until onion is softened, 8 to 10 minutes.
- ☐ Add cumin, salt, pepper, and mustard and cook, stirring, 1 minute.
- ☐ Add flour and cook, stirring, 2 minutes.
- ☐ Add reserved cooking water and simmer (partially covered), stirring occasionally, until potatoes are tender, about 10 minutes. Stir in cream and cheese and cook, stirring, until cheese is melted, then season with salt and pepper.
- ☐ Purée about 2 cups of chowder in a blender until smooth (use caution when blending hot liquids) and return to pot.
- ☐ Add florets and cook over moderate heat, stirring occasionally, until heated through, about 2 minutes.

## Nutrition Facts



 **PROTEIN 12.45%**  **FAT 67.99%**  **CARBS 19.56%**

## Properties

Glycemic Index:65, Glycemic Load:4.32, Inflammation Score:-9, Nutrition Score:22.963043482407%

## Flavonoids

Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg, Kaempferol: 4.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg, Quercetin: 9.91mg

## Nutrients (% of daily need)

Calories: 474.73kcal (23.74%), Fat: 36.86g (56.7%), Saturated Fat: 22.13g (138.34%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 19.93g (7.25%), Sugar: 6.03g (6.7%), Cholesterol: 107.85mg (35.95%), Sodium: 904.03mg (39.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.36%), Vitamin C: 96.86mg (117.41%), Vitamin K: 64.29µg (61.23%), Vitamin A: 2552.12IU (51.04%), Calcium: 381.9mg (38.19%), Phosphorus: 322.22mg (32.22%), Selenium: 17.25µg (24.64%), Vitamin B2: 0.41mg (24.37%), Folate: 84.99µg (21.25%), Vitamin B6: 0.39mg (19.34%), Potassium: 650.96mg (18.6%), Manganese: 0.36mg (18.2%), Fiber: 3.93g (15.73%), Zinc: 2.3mg (15.36%), Magnesium: 50.4mg (12.6%), Vitamin E: 1.85mg (12.33%), Vitamin B1: 0.18mg (11.82%), Iron: 1.71mg (9.48%), Vitamin B5: 0.94mg (9.45%), Vitamin B12: 0.53µg (8.87%), Vitamin B3: 1.66mg (8.32%), Copper: 0.16mg (7.96%), Vitamin D: 1.07µg (7.15%)