



Broccoli Soup

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



466 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings day old bread french
- 1.5 pounds broccoli fresh
- 4 tablespoons butter room temperature
- 1 carrots chopped
- 0.5 cup cup heavy whipping cream
- 3 tablespoons flour all-purpose
- 4 cups chicken broth low-sodium
- 4 servings olive oil

- 1 large onion chopped
- 0.3 teaspoon pepper flakes red
- 4 servings salt and pepper black freshly ground

Equipment

- bowl
- frying pan
- oven
- pot
- immersion blender

Directions

- Watch how to make this recipe.
- Melt 4 tablespoons butter in heavy medium pot over medium-high heat.
- Add broccoli, onion, carrot, salt and pepper and saute until onion is translucent, about 6 minutes.
- Add the flour and cook for 1 minute, until the flour reaches a blonde color.
- Add stock and bring to boil.
- Simmer uncovered until broccoli is tender, about 15 minutes.
- Pour in cream. With an immersion blender, puree the soup.
- Add salt and pepper, to taste, and then replace the lid back on the pot.
- Serve hot with Homemade Croutons.
- Preheat oven to 400 degrees F.
- Cut bread into cubes and place in a large bowl.
- Drizzle cubes with olive oil, salt, pepper and red pepper flakes.
- Mix well.
- Spread seasoned bread onto a sheet pan and bake for about 15 minutes.

Nutrition Facts



■ PROTEIN 9.57% ■ FAT 70.18% ■ CARBS 20.25%

Properties

Glycemic Index:85.83, Glycemic Load:6.98, Inflammation Score:-10, Nutrition Score:26.684348023456%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 13.62mg, Kaempferol: 13.62mg, Kaempferol: 13.62mg, Kaempferol: 13.62mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 13.19mg, Quercetin: 13.19mg, Quercetin: 13.19mg, Quercetin: 13.19mg

Nutrients (% of daily need)

Calories: 465.93kcal (23.3%), Fat: 38.31g (58.94%), Saturated Fat: 16.63g (103.91%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 19.15g (6.96%), Sugar: 6.46g (7.18%), Cholesterol: 63.72mg (21.24%), Sodium: 245.49mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.75g (23.5%), Vitamin C: 155.58mg (188.58%), Vitamin K: 186.34µg (177.47%), Vitamin A: 4432.91IU (88.66%), Folate: 130.37µg (32.59%), Vitamin E: 4.1mg (27.36%), Potassium: 886.73mg (25.34%), Vitamin B3: 4.93mg (24.67%), Manganese: 0.49mg (24.31%), Fiber: 5.73g (22.92%), Phosphorus: 227.55mg (22.75%), Vitamin B2: 0.38mg (22.52%), Vitamin B6: 0.4mg (20.23%), Vitamin B1: 0.21mg (13.76%), Calcium: 128.4mg (12.84%), Iron: 2.3mg (12.8%), Copper: 0.24mg (12.03%), Magnesium: 47.94mg (11.98%), Vitamin B5: 1.18mg (11.84%), Selenium: 7.71µg (11.02%), Zinc: 1.17mg (7.83%), Vitamin B12: 0.31µg (5.12%), Vitamin D: 0.48µg (3.17%)