



Broccoli Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



77 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 ounce broccoli frozen thawed chopped
- 4 cups chicken broth
- 3 cloves garlic peeled chopped
- 0.3 teaspoon nutmeg
- 1 tablespoon olive oil
- 1 large onion chopped
- 1 potatoes peeled chopped
- 8 servings salt and pepper to taste

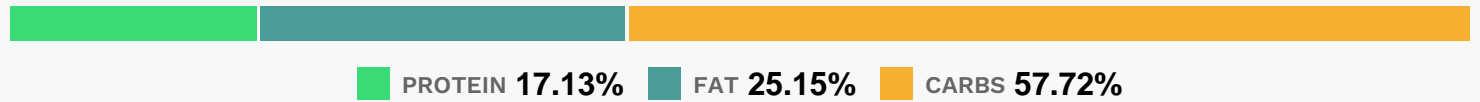
Equipment

- sauce pan
- blender
- hand mixer

Directions

- Heat olive oil in a large saucepan, and saute onion and garlic until tender.
- Mix in broccoli, potato, and chicken broth. Bring to a boil, reduce heat, and simmer 15 minutes, until vegetables are tender.
- With a hand mixer or in a blender, puree the mixture until smooth. Return to the saucepan, and reheat. Season with nutmeg, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:30.34, Glycemic Load:4.83, Inflammation Score:-6, Nutrition Score:12.803478132124%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 5.89mg, Kaempferol: 5.89mg, Kaempferol: 5.89mg, Kaempferol: 5.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 76.62kcal (3.83%), Fat: 2.33g (3.58%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 9.24g (3.36%), Sugar: 2.74g (3.05%), Cholesterol: 2.35mg (0.78%), Sodium: 655.69mg (28.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Vitamin C: 70.2mg (85.1%), Vitamin K: 73.94µg (70.42%), Manganese: 0.29mg (14.45%), Folate: 52.55µg (13.14%), Vitamin B6: 0.24mg (11.96%), Fiber: 2.78g (11.14%), Potassium: 389.36mg (11.12%), Vitamin B2: 0.17mg (9.83%), Vitamin A: 444.97IU (8.9%), Phosphorus: 73.94mg (7.39%), Vitamin B1: 0.11mg (7.16%), Magnesium: 24.46mg (6.11%), Vitamin E: 0.86mg (5.73%), Vitamin B5: 0.53mg (5.25%), Vitamin B3: 1.02mg (5.11%), Iron: 0.88mg (4.88%), Calcium: 47.81mg (4.78%), Copper: 0.09mg (4.63%), Selenium: 2.58µg (3.68%), Zinc: 0.5mg (3.31%)