

Broccoli Soup

READY IN



45 min.

SERVINGS



7

CALORIES



200 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 20 ounce broccoli frozen cooked drained chopped
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup celery leaves chopped
- ☐ 7 servings additional celery leaves
- ☐ 0.3 cup flour all-purpose
- ☐ 8 sprigs parsley fresh
- ☐ 4.5 cups milk
- ☐ 2 slices onion thin
- ☐ 0.3 teaspoon pepper

☐ 2 teaspoons salt

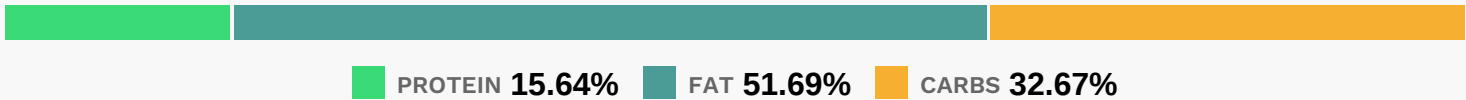
Equipment

- ☐ blender
- ☐ double boiler

Directions

- ☐ Combine all ingredients, except additional celery leaves, in container of an electric blender; process until smooth.
- ☐ Pour mixture into top of a double boiler; cook over simmering water until thickened.
- ☐ Serve hot; garnish with additional celery leaves.

Nutrition Facts



Properties

Glycemic Index:42.86, Glycemic Load:6.44, Inflammation Score:-8, Nutrition Score:19.183913251628%

Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 6.41mg, Kaempferol: 6.41mg, Kaempferol: 6.41mg, Kaempferol: 6.41mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 199.71kcal (9.99%), Fat: 11.92g (18.34%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 14.45g (5.26%), Sugar: 9.24g (10.27%), Cholesterol: 18.82mg (6.27%), Sodium: 835.67mg (36.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.23%), Vitamin K: 104.75µg (99.76%), Vitamin C: 74.38mg (90.15%), Calcium: 241.11mg (24.11%), Vitamin A: 1187.9IU (23.76%), Phosphorus: 222.77mg (22.28%), Vitamin B2: 0.34mg (20.24%), Folate: 65.19µg (16.3%), Potassium: 537.25mg (15.35%), Vitamin B12: 0.86µg (14.25%), Vitamin B6: 0.25mg (12.66%), Vitamin B1: 0.19mg (12.41%), Manganese: 0.23mg (11.72%), Vitamin D: 1.73µg (11.5%), Vitamin B5: 1.11mg (11.09%), Fiber: 2.5g (10.01%), Magnesium: 39.21mg (9.8%), Selenium: 6.58µg (9.4%), Zinc: 1.04mg (6.94%), Vitamin E: 1mg (6.67%), Iron: 0.91mg (5.05%), Vitamin B3: 1mg (4.99%), Copper: 0.06mg (2.79%)