



 **10%**  
HEALTH SCORE

## Broccoli Soup Shots with Cheddar Bites

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**10**

CALORIES



**50 kcal**

SOUP

### Ingredients

- 1 pound broccoli florets steamed
- 2 cheese with white cheddar and sourdough, crusts trimmed
- 1 cup half and half
- 1 teaspoon kosher salt
- 0.3 teaspoon pepper
- 2 cups vegetable stock

### Equipment

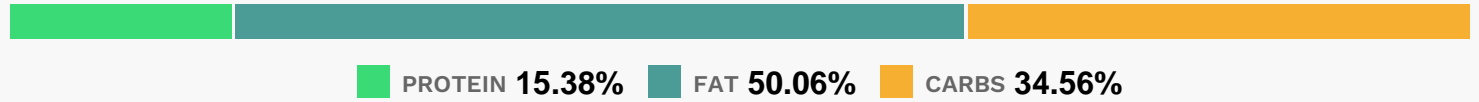
- sauce pan

- blender
- skewers

## Directions

- Heat broth, half-and-half, salt, and pepper in a small saucepan until simmering.
- Add broccoli. Working in batches, pure mixture in a blender until very smooth.
- Cut each sandwich into 1-in. squares.
- Divide soup among 10 shot glasses. For each, push a decorative skewer\* through 2 mini sandwiches and set over glass.
- \*We got our skewers from Pick On Us ([pickonus.com](http://pickonus.com)).

## Nutrition Facts



## Properties

Glycemic Index:13.6, Glycemic Load:0.86, Inflammation Score:-5, Nutrition Score:7.3195653199016%

## Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

## Nutrients (% of daily need)

Calories: 50.42kcal (2.52%), Fat: 3.02g (4.65%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 3.5g (1.27%), Sugar: 2.17g (2.41%), Cholesterol: 8.67mg (2.89%), Sodium: 451.6mg (19.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin C: 40.68mg (49.31%), Vitamin K: 46.67µg (44.45%), Vitamin A: 470.64IU (9.41%), Folate: 29.35µg (7.34%), Vitamin B2: 0.1mg (5.94%), Phosphorus: 53.92mg (5.39%), Manganese: 0.1mg (5.12%), Potassium: 176.15mg (5.03%), Calcium: 48.99mg (4.9%), Fiber: 1.19g (4.77%), Vitamin B6: 0.09mg (4.59%), Vitamin B5: 0.33mg (3.31%), Magnesium: 12.09mg (3.02%), Selenium: 1.97µg (2.81%), Vitamin E: 0.42mg (2.78%), Vitamin B1: 0.04mg (2.64%), Iron: 0.35mg (1.95%), Zinc: 0.29mg (1.93%), Vitamin B3: 0.32mg (1.58%), Copper: 0.03mg (1.27%)