



Broccoli Soup with Blue Cheese

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds broccoli florets
- ☐ 0.5 cup croutons
- ☐ 0.5 cup gorgonzola cheese divided crumbled
- ☐ 0.8 cup half-and-half
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 1 small onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 3 tablespoons butter unsalted

Equipment

☐ bowl

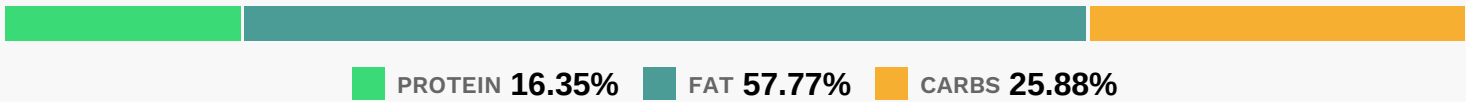
☐ pot

☐ blender

Directions

- ☐ Melt butter in a medium pot over high heat.
- ☐ Add onion and cook until softened, about 4 minutes.
- ☐ Add broccoli and broth and cook, covered, until florets are tender, about 7 minutes.
- ☐ Spoon out 1 cup small florets and reserve.
- ☐ Add 1/4 cup cheese, the salt, pepper, and half-and-half to pot. Working in batches, pure soup in a blender until very smooth, about 2 minutes per batch.
- ☐ Divide mixture among 4 bowls.
- ☐ Garnish each with reserved florets, a sprinkle of remaining 1/4 cup cheese, and a few croutons.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:4.53, Inflammation Score:-9, Nutrition Score:23.041304422461%

Flavonoids

Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 13.45mg, Kaempferol: 13.45mg, Kaempferol: 13.45mg, Kaempferol: 13.45mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 284.19kcal (14.21%), Fat: 19.4g (29.84%), Saturated Fat: 11.7g (73.11%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 14.57g (5.3%), Sugar: 5.74g (6.38%), Cholesterol: 49.05mg (16.35%), Sodium: 600.41mg (26.1%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.71%), Vitamin C: 153.43mg (185.98%), Vitamin K: 175.64µg (167.28%), Vitamin A: 1592.22IU (31.84%), Folate: 122.24µg (30.56%), Phosphorus: 257.74mg (25.77%), Vitamin B2: 0.4mg (23.26%), Potassium: 771.14mg (22.03%), Calcium: 218.48mg (21.85%), Manganese: 0.43mg (21.67%), Fiber: 4.97g (19.9%), Vitamin B6: 0.38mg (18.93%), Vitamin B3: 3.13mg (15.64%), Vitamin B5: 1.4mg (14.03%), Selenium: 9.36µg (13.38%), Magnesium: 48.24mg (12.06%), Vitamin E: 1.73mg (11.5%), Vitamin B1: 0.17mg (11.38%), Iron: 1.77mg (9.86%), Zinc: 1.44mg (9.63%), Copper: 0.17mg (8.57%), Vitamin B12: 0.39µg (6.57%), Vitamin D: 0.23µg (1.52%)