



Broccoli soup with cheese toasties

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large potatoes diced
- ☐ 1.2 l vegetable stock
- ☐ 400 g broccoli chopped
- ☐ 7 slices bread
- ☐ 175 g lancashire cheese blue red or any cheese grated
- ☐ 1 eggs beaten
- ☐ 3 spring onion chopped
- ☐ 3 drops worcestershire sauce

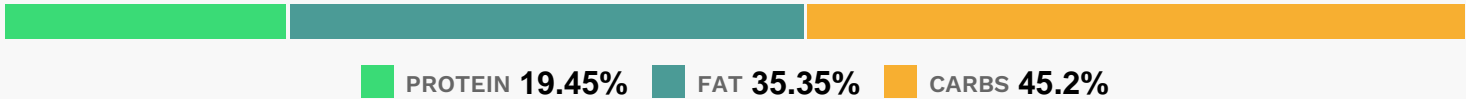
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the potato and stock in a saucepan and bring to the boil, turn down to simmer for 10 mins until the potato is tender, then add the broccoli and some seasoning and cook for another 4-5 mins. Blend the soup until smooth, then return to the pan and keep warm while you make the toasties.
- ☐ Whizz 1 slice of bread to make crumbs, then stir in the cheese, egg and onions.
- ☐ Spread over 3 slices of bread, add a dash of Worcestershire sauce, and sandwich each one together with the remaining slices.
- ☐ Brush with oil and bake for 10 mins, turning halfway through, until the outside is crisp and golden and middle melted.
- ☐ Cut into triangles and serve with the soup.

Nutrition Facts



Properties

Glycemic Index:62.85, Glycemic Load:27.45, Inflammation Score:-9, Nutrition Score:29.773478269577%

Flavonoids

Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 8.7mg, Kaempferol: 8.7mg, Kaempferol: 8.7mg, Kaempferol: 8.7mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 440.07kcal (22%), Fat: 17.65g (27.15%), Saturated Fat: 10.06g (62.86%), Carbohydrates: 50.77g (16.92%), Net Carbohydrates: 43.95g (15.98%), Sugar: 8.13g (9.03%), Cholesterol: 85.98mg (28.66%), Sodium: 1707.81mg (74.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.85g (43.69%), Vitamin C: 109.26mg (132.44%),

Vitamin K: 124.82µg (118.88%), Manganese: 0.95mg (47.64%), Calcium: 414.08mg (41.41%), Phosphorus: 410.35mg (41.04%), Selenium: 26.67µg (38.1%), Folate: 138.27µg (34.57%), Vitamin A: 1512.2IU (30.24%), Vitamin B6: 0.57mg (28.47%), Fiber: 6.82g (27.29%), Vitamin B2: 0.46mg (27.04%), Potassium: 861.04mg (24.6%), Vitamin B1: 0.36mg (23.74%), Vitamin B3: 4.45mg (22.27%), Iron: 3.67mg (20.37%), Magnesium: 74.71mg (18.68%), Zinc: 2.59mg (17.27%), Vitamin B5: 1.42mg (14.23%), Copper: 0.24mg (11.9%), Vitamin B12: 0.45µg (7.47%), Vitamin E: 1.05mg (6.99%), Vitamin D: 0.22µg (1.47%)