



 **54%**
HEALTH SCORE

Broccoli with cheese soup

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

Ingredients

- 400 g broccoli florets
- 2 Tbs flour
- 1 cup milk whole
- 0.1 tsp garlic powder
- 0.3 tsp salt
- 0.3 tsp pepper
- 50 g feta cheese crumbled
- 50 g swiss chard grated

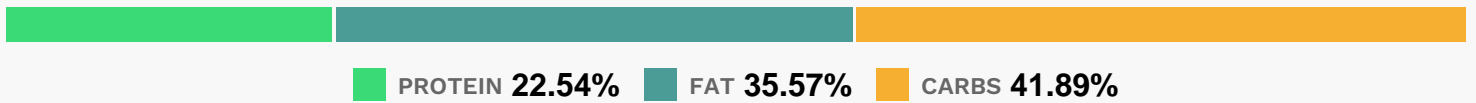
Equipment

- bowl
- whisk
- pot

Directions

- Add onions and carrots to the melted butter and saute for 5–6 minutes over medium heat, or until vegetables are tender.
- Add 1 cup chicken broth and bring to the boil.
- Add broccoli and cook, covered, 5 to 6 minutes or until the broccoli is tender. Using a spoon, break broccoli florets in small pieces.
- Reduce heat to low and add remaining cup of chicken broth.
- Mix flour and milk in a small bowl and whisk until smooth.
- Add mixture to the pot.
- Add garlic powder, salt, and pepper. Continue cooking for about 5–6 minutes over low heat until soup thickens.
- Add cheese, handfuls at a time, and stir constantly over low heat for 10 minutes until smooth and creamy. If soup becomes too thick, add additional chicken stock. Do not let soup boil.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:4.68, Inflammation Score:-9, Nutrition Score:19.416956521739%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 8.57mg, Kaempferol: 8.57mg, Kaempferol: 8.57mg, Kaempferol: 8.57mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 120.38kcal (6.02%), Fat: 5.08g (7.81%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 13.45g (4.48%), Net Carbohydrates: 10.51g (3.82%), Sugar: 4.78g (5.32%), Cholesterol: 18.45mg (6.15%), Sodium: 370.81mg (16.12%), Protein: 7.24g (14.47%), Vitamin K: 206.37µg (196.55%), Vitamin C: 92.95mg (112.67%), Vitamin A: 1539.75IU (30.8%), Vitamin B2: 0.34mg (19.81%), Calcium: 191.31mg (19.13%), Folate: 75.68µg (18.92%), Phosphorus: 180.13mg (18.01%), Manganese: 0.3mg (15.23%), Vitamin B6: 0.28mg (14.06%), Potassium: 469.48mg (13.41%), Fiber: 2.94g (11.77%), Vitamin B1: 0.16mg (10.63%), Magnesium: 41.94mg (10.48%), Selenium: 6.95µg (9.92%), Vitamin B5: 0.96mg (9.62%), Vitamin B12: 0.54µg (9.01%), Zinc: 1.1mg (7.31%), Vitamin E: 1.07mg (7.16%), Iron: 1.23mg (6.83%), Vitamin B3: 1.1mg (5.5%), Vitamin D: 0.72µg (4.81%), Copper: 0.08mg (4.18%)