



Cheddar Broccoli Soup

READY IN



30 min.

SERVINGS



6

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz broccoli frozen cooked drained chopped
- 1 Tbsp butter
- 8 oz triple cheddar cheese shredded with a touch of philadelphia kraft
- 3.5 cups milk fat-free
- 1 Tbsp flour
- 0.3 tsp ground nutmeg
- 4 oz philadelphia neufchatel cheese cubed ()
- 0.3 cup onions chopped
- 0.1 tsp pepper

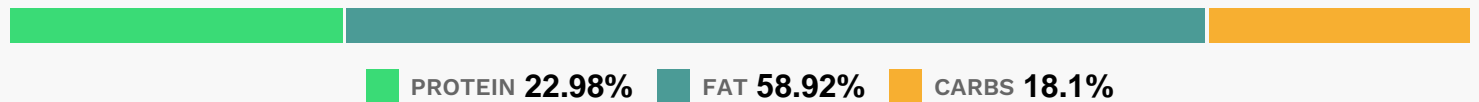
Equipment

- sauce pan
- whisk

Directions

- Cook and stir onions in butter in medium saucepan on medium-high heat 3 to 5 min. or until onions are crisp-tender.
- Whisk in flour until well blended.
- Add milk; cook and stir on medium heat 2 min., stirring occasionally.
- Add Neufchatel; cook and stir 2 to 3 min. or until melted.
- Stir in remaining ingredients; cook 5 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:53.88, Glycemic Load:4.22, Inflammation Score:-8, Nutrition Score:17.472608607748%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg, Kaempferol: 3.75mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 291.27kcal (14.56%), Fat: 19.38g (29.81%), Saturated Fat: 10.22g (63.86%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 11.99g (4.36%), Sugar: 9.06g (10.07%), Cholesterol: 56.07mg (18.69%), Sodium: 406.84mg (17.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17g (34.01%), Vitamin C: 42.65mg (51.69%), Calcium: 502.99mg (50.3%), Vitamin K: 49.52µg (47.16%), Phosphorus: 387.39mg (38.74%), Vitamin B2: 0.45mg (26.32%), Vitamin A: 1207.53IU (24.15%), Selenium: 15.76µg (22.52%), Vitamin B12: 1.29µg (21.48%), Zinc: 2.4mg (16.01%), Potassium: 458.74mg (13.11%), Vitamin D: 1.8µg (11.99%), Folate: 46.86µg (11.72%), Vitamin B5: 1.06mg (10.62%), Vitamin B6: 0.21mg (10.42%), Magnesium: 40.42mg (10.1%), Vitamin B1: 0.14mg (9.48%), Manganese: 0.13mg (6.72%), Fiber: 1.41g (5.62%), Vitamin E: 0.8mg (5.35%), Vitamin B3: 0.61mg (3.07%), Iron: 0.51mg (2.83%), Copper: 0.05mg (2.47%)