



Cheddar Cheese and Broccoli Soup

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21.5 oz condensed cream of cheddar cheese soup canned
- 2 cups water
- 6 cups broccoli florets frozen
- 2 cups milk
- 0.5 teaspoon ground mustard
- 0.3 teaspoon salt
- 0.3 teaspoon garlic powder
- 0.1 teaspoon pepper

8 oz cheddar cheese shredded

Equipment

sauce pan

Directions

In 4-quart saucepan, mix soup and water.

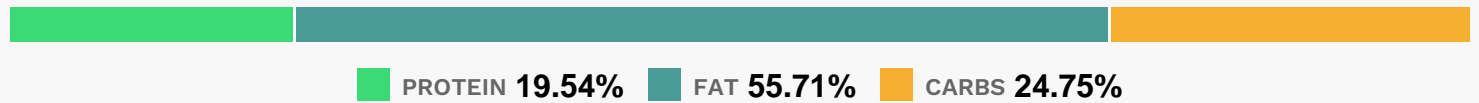
Heat over high heat, stirring constantly, until boiling and smooth.

Add broccoli.

Heat to boiling; reduce heat to medium. Cover; cook 8 to 10 minutes, stirring occasionally, until broccoli is tender.

Stir in milk, mustard, salt, garlic powder and pepper. Cook uncovered 3 to 5 minutes, stirring occasionally, until thoroughly heated. Stir in cheese until melted.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:2.88, Inflammation Score:-8, Nutrition Score:21.627391369446%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 317.61kcal (15.88%), Fat: 19.95g (30.69%), Saturated Fat: 10.52g (65.73%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 16.72g (6.08%), Sugar: 7.23g (8.04%), Cholesterol: 51.62mg (17.21%), Sodium: 941.4mg (40.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.49%), Vitamin C: 81.19mg (98.41%), Vitamin K: 94.05µg (89.57%), Calcium: 445.71mg (44.57%), Phosphorus: 317.29mg (31.73%), Vitamin A: 1487.11IU (29.74%), Potassium: 901.13mg (25.75%), Vitamin B2: 0.39mg (22.71%), Selenium: 14.9µg (21.28%), Folate: 65.6µg (16.4%), Zinc: 2.12mg (14.11%), Vitamin B12: 0.84µg (14%), Fiber: 3.22g (12.88%), Vitamin B6: 0.24mg (11.89%), Manganese: 0.21mg (10.45%), Magnesium: 40.65mg (10.16%), Vitamin B5: 0.98mg (9.84%), Vitamin B1: 0.12mg (8.2%), Vitamin D: 1.12µg (7.48%), Vitamin E: 1.04mg (6.96%), Iron: 0.75mg (4.18%), Copper: 0.07mg (3.64%), Vitamin B3: 0.7mg (3.48%)