



Cheese and Broccoli Chicken Soup

READY IN



70 min.

SERVINGS



10

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 heads broccoli fresh cut into florets
- 0.5 cup butter
- 3 cubes chicken bouillon
- 1 cup flour all-purpose
- 1 teaspoon pepper black
- 1 cup cream light
- 1.5 teaspoons salt
- 3 cups cheddar cheese shredded
- 2 pounds chicken breast halves boneless skinless cut into bite-size pieces

1l cups water

Equipment

pot

Directions

- In a 5-quart pot, melt butter over medium heat.
- Mix in flour, stirring constantly until a thick paste forms.
- Remove from pot, and set aside.
- In same pot, combine water, bouillon cubes, chicken, broccoli, salt and pepper. Bring to boil over high heat. Reduce heat to medium low, and simmer for 45 minutes.
- Stir in the flour mixture a little bit at a time until soup thickens. Simmer 5 minutes. Reduce heat, and stir in cream.
- Mix in cheese 1 cup at a time, and stir until melted.

Nutrition Facts

 **PROTEIN 26.73%**  **FAT 57.42%**  **CARBS 15.85%**

Properties

Glycemic Index:21.6, Glycemic Load:8.72, Inflammation Score:-9, Nutrition Score:30.778260749319%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 9.53mg, Kaempferol: 9.53mg, Kaempferol: 9.53mg, Kaempferol: 9.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 480.26kcal (24.01%), Fat: 31.05g (47.77%), Saturated Fat: 17.64g (110.25%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 15.73g (5.72%), Sugar: 2.25g (2.5%), Cholesterol: 142.89mg (47.63%), Sodium: 811.5mg (35.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.52g (65.03%), Vitamin C: 109.7mg (132.97%), Vitamin K: 126.83µg (120.79%), Selenium: 46.15µg (65.92%), Vitamin B3: 11.01mg (55.06%), Vitamin B6: 0.93mg (46.44%), Phosphorus: 457.15mg (45.72%), Calcium: 331.38mg (33.14%), Vitamin A: 1651.3IU (33.03%), Vitamin B2: 0.48mg (28.14%), Folate: 111.56µg (27.89%), Vitamin B5: 2.26mg (22.61%), Potassium: 788.05mg (22.52%), Manganese: 0.38mg (19.21%), Vitamin B1: 0.26mg (17.26%), Magnesium: 65.89mg (16.47%), Zinc: 2.46mg (16.37%), Fiber: 3.55g (14.2%), Vitamin E: 1.86mg (12.39%), Iron: 1.89mg (10.5%), Vitamin B12: 0.61µg (10.13%), Copper: 0.16mg

(7.98%), Vitamin D: 0.44µg (2.92%)