



Cheesy Broccoli-Potato Soup

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz broccoli frozen chopped
- 32 oz chicken broth
- 2 cups roasted chicken cooked chopped
- 2 cups milk
- 0.3 cup onion chopped
- 1.3 cups potatoes dry mashed ()
- 0.5 teaspoon salt
- 4 oz swiss cheese shredded

Equipment

sauce pan

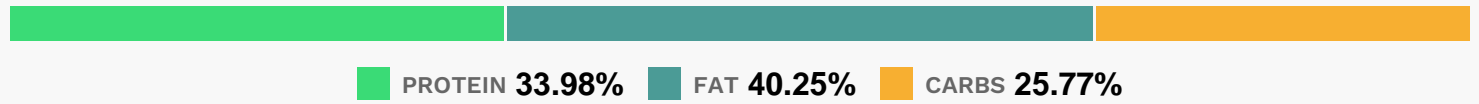
Directions

In 3-quart saucepan, heat broth, onion and frozen broccoli to boiling. Reduce heat; cover and simmer 5 minutes, stirring occasionally.

Stir in milk and dry potatoes until well blended; stir in remaining ingredients.

Heat over low heat about 5 minutes, stirring occasionally, until hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:8.4, Inflammation Score:-7, Nutrition Score:20.401304244995%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 4.88mg, Kaempferol: 4.88mg, Kaempferol: 4.88mg, Kaempferol: 4.88mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 268.85kcal (13.44%), Fat: 12.13g (18.67%), Saturated Fat: 5.9g (36.86%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 14.83g (5.39%), Sugar: 6.27g (6.96%), Cholesterol: 65.36mg (21.79%), Sodium: 877.47mg (38.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.05g (46.1%), Vitamin C: 60.43mg (73.24%), Vitamin K: 59.26µg (56.44%), Phosphorus: 352.88mg (35.29%), Calcium: 314.31mg (31.43%), Selenium: 20.92µg (29.89%), Vitamin B6: 0.5mg (25.09%), Vitamin B3: 4.97mg (24.85%), Vitamin B2: 0.41mg (24.18%), Vitamin B12: 1.18µg (19.59%), Potassium: 658.15mg (18.8%), Zinc: 2.36mg (15.72%), Manganese: 0.28mg (14.21%), Vitamin A: 665.13IU (13.3%), Vitamin B5: 1.33mg (13.26%), Magnesium: 50.84mg (12.71%), Vitamin B1: 0.19mg (12.67%), Folate: 48.91µg (12.23%), Fiber: 2.65g (10.61%), Iron: 1.49mg (8.3%), Copper: 0.14mg (7.04%), Vitamin D: 0.89µg (5.96%), Vitamin E: 0.66mg (4.42%)