



Cheesy Broccoli Soup

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounces broccoli frozen thawed chopped
- 0.3 cup butter cubed
- 1 teaspoon vegetable cube
- 3 tablespoons flour all-purpose
- 1 cup milk 2%
- 1 medium onion chopped
- 1 pound processed cheese food cubed (Velveeta)
- 2 cups water

Equipment

- sauce pan
- whisk

Directions

- In a large saucepan, bring water and bouillon to a boil.
- Add broccoli. Reduce heat; cover and simmer for 3–4 minutes or until crisp-tender.
- Drain, reserving 3/4 cup liquid.
- In another large saucepan, saute onion in butter until tender.
- Whisk in flour until blended.
- Add the milk and cheese. Cook over medium-low heat until thickened and cheese is melted, stirring frequently. Stir in broccoli and reserved cooking liquid.

Nutrition Facts

PROTEIN 16.74% **FAT 69.7%** **CARBS 13.56%**

Properties

Glycemic Index:52.75, Glycemic Load:6.28, Inflammation Score:-9, Nutrition Score:32.203043212061%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg, Kaempferol: 9.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 626.15kcal (31.31%), Fat: 49.53g (76.21%), Saturated Fat: 28.66g (179.12%), Carbohydrates: 21.67g (7.22%), Net Carbohydrates: 18.08g (6.57%), Sugar: 8.75g (9.72%), Cholesterol: 148.62mg (49.54%), Sodium: 2267.87mg (98.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.77g (53.54%), Calcium: 1323.23mg (132.32%), Vitamin C: 103.3mg (125.22%), Vitamin K: 119.85µg (114.15%), Phosphorus: 873.46mg (87.35%), Vitamin A: 2193.36IU (43.87%), Selenium: 29.4µg (42%), Vitamin B12: 2.04µg (33.96%), Vitamin B2: 0.55mg (32.19%), Folate: 99.41µg (24.85%), Zinc: 3.68mg (24.55%), Manganese: 0.37mg (18.34%), Potassium: 640.2mg (18.29%), Magnesium: 65.24mg (16.31%), Vitamin B6: 0.32mg (15.9%), Fiber: 3.59g (14.37%), Vitamin E: 2.15mg (14.32%), Vitamin B5:

1.39mg (13.91%), Vitamin B1: 0.18mg (11.87%), Iron: 1.88mg (10.42%), Copper: 0.15mg (7.45%), Vitamin B3: 1.24mg (6.18%), Vitamin D: 0.68µg (4.54%)