

Cheesy Vegetable Soup

READY IN



55 min.

SERVINGS



10

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups broccoli coarsely chopped
- 3 tablespoons butter
- 0.8 cup carrots chopped
- 0.5 cup celery chopped
- 28 ounces chicken broth canned
- 0.3 teaspoon thyme dried
- 1 egg yolk
- 3 tablespoons flour all-purpose
- 0.3 teaspoon garlic powder

- 1 cup cup heavy whipping cream
- 1 small onion chopped
- 0.5 teaspoon salt
- 6 ounces swiss cheese shredded

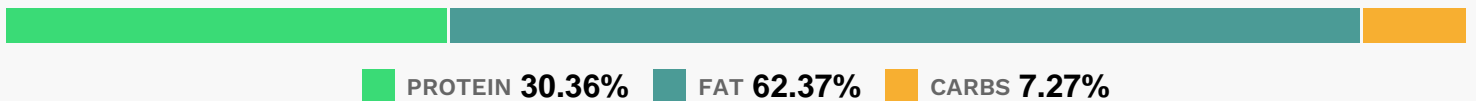
Equipment

- bowl
- sauce pan

Directions

- In a heavy 4-qt. saucepan, melt butter; add flour. Gradually add the broth. Bring to a boil. Cook and stir for 2 minutes or until thickened.
- Add next seven ingredients; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until vegetables are tender.
- In a small bowl, blend egg yolk and cream. Gradually blend in several tablespoonfuls of hot soup; return all to saucepan, stirring until slightly thickened. Simmer for another 15-20 minutes. Stir in cheese and heat until melted.

Nutrition Facts



Properties

Glycemic Index:29.48, Glycemic Load:2.01, Inflammation Score:-9, Nutrition Score:13.51043489705%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 352.46kcal (17.62%), Fat: 24.31g (37.39%), Saturated Fat: 12.72g (79.49%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 5.38g (1.96%), Sugar: 1.83g (2.04%), Cholesterol: 110.87mg (36.96%), Sodium: 581.5mg

(25.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.62g (53.24%), Vitamin A: 2499.64IU (49.99%), Selenium: 22.78µg (32.54%), Phosphorus: 261.93mg (26.19%), Vitamin K: 24.29µg (23.14%), Vitamin B12: 1.39µg (23.13%), Vitamin C: 17.1mg (20.72%), Zinc: 2.96mg (19.76%), Calcium: 197.55mg (19.75%), Vitamin B2: 0.23mg (13.46%), Vitamin B6: 0.24mg (11.8%), Vitamin B3: 2.3mg (11.49%), Iron: 1.45mg (8.06%), Potassium: 272.32mg (7.78%), Magnesium: 29.25mg (7.31%), Folate: 27.11µg (6.78%), Vitamin E: 0.94mg (6.26%), Manganese: 0.09mg (4.27%), Fiber: 1g (4.01%), Vitamin D: 0.56µg (3.72%), Copper: 0.07mg (3.65%), Vitamin B5: 0.35mg (3.51%), Vitamin B1: 0.05mg (3.42%)