



 13%
HEALTH SCORE

Cream of Broccoli Cheese Soup I

READY IN



30 min.

SERVINGS



8

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces processed cheese food shredded
- 10 ounce broccoli frozen chopped
- 5 cups chicken broth
- 1 clove garlic minced
- 1 tablespoon butter
- 6 cups milk
- 0.7 cup onion chopped
- 8 ounce extra wide egg noodles

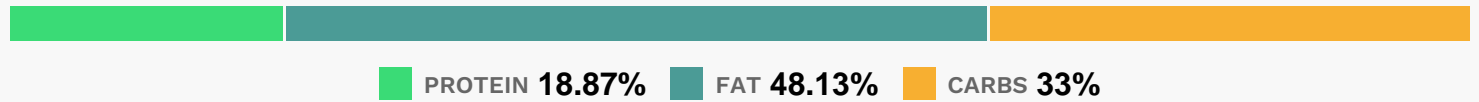
Equipment

- sauce pan

Directions

- In a large saucepan, saute onion and garlic in butter or margarine over medium heat till tender.
- Add broth, and bring to a boil. Reduce heat, and add noodles. Cook for 3 to 4 minutes. Stir in broccoli. Cover, and cook for 5 minutes.
- Stir in milk and cheese.
- Heat slowly, stirring, till cheese melts. DO NOT BOIL.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:12.92, Inflammation Score:-7, Nutrition Score:21.986956513446%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 415.76kcal (20.79%), Fat: 22.5g (34.61%), Saturated Fat: 11.77g (73.59%), Carbohydrates: 34.71g (11.57%), Net Carbohydrates: 32.62g (11.86%), Sugar: 12.1g (13.44%), Cholesterol: 91.24mg (30.41%), Sodium: 1359.77mg (59.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.7%), Calcium: 706.19mg (70.62%), Phosphorus: 559.84mg (55.98%), Selenium: 36µg (51.43%), Vitamin C: 32.72mg (39.66%), Vitamin K: 38µg (36.19%), Vitamin B2: 0.51mg (30.02%), Vitamin B12: 1.74µg (28.99%), Manganese: 0.43mg (21.63%), Vitamin A: 1002.5IU (20.05%), Zinc: 2.63mg (17.52%), Potassium: 559.93mg (16%), Vitamin D: 2.35µg (15.69%), Magnesium: 59.85mg (14.96%), Vitamin B1: 0.22mg (14.67%), Vitamin B6: 0.28mg (13.93%), Vitamin B5: 1.35mg (13.49%), Folate: 36.51µg (9.13%), Fiber: 2.09g (8.37%), Copper: 0.15mg (7.57%), Vitamin B3: 1.39mg (6.93%), Iron: 1.2mg (6.68%), Vitamin E: 0.93mg (6.19%)