




 27%
HEALTH SCORE

Cream of Broccoli Cheese Soup II

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 4 heads broccoli chopped
- 2 carrots chopped
- 2 quarts chicken broth
- 1 pint half and half
- 1 small onion chopped
- 8 ounce processed cheese food cubed

Equipment

food processor

pot

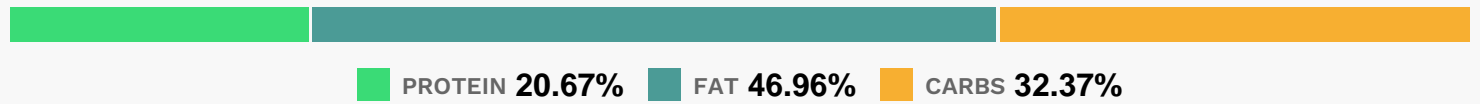
Directions

In a large pot over medium heat, combine broth, broccoli, onion, carrots and bay leaf. Bring to a boil, then reduce heat and simmer until vegetables are tender.

Remove bay leaf. (At this point, you may remove the broccoli stalks, carrots and onion and puree in a food processor, then return them to the pot, if desired.)

Stir in the cheese until melted. Adjust seasonings. Stir in half-and-half and heat through.

Nutrition Facts



Properties

Glycemic Index:13.28, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:29.376956615759%

Flavonoids

Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 19.14mg, Kaempferol: 19.14mg, Kaempferol: 19.14mg, Kaempferol: 19.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg

Nutrients (% of daily need)

Calories: 248.01kcal (12.4%), Fat: 13.99g (21.52%), Saturated Fat: 7.73g (48.32%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 14.9g (5.42%), Sugar: 8.29g (9.21%), Cholesterol: 43.03mg (14.34%), Sodium: 1198.99mg (52.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.71%), Vitamin C: 218.6mg (264.97%), Vitamin K: 250.91µg (238.96%), Vitamin A: 3939.64IU (78.79%), Calcium: 415.23mg (41.52%), Folate: 160.12µg (40.03%), Phosphorus: 364.72mg (36.47%), Vitamin B2: 0.55mg (32.36%), Manganese: 0.63mg (31.74%), Fiber: 6.79g (27.15%), Potassium: 944.29mg (26.98%), Vitamin B6: 0.49mg (24.35%), Selenium: 12.98µg (18.54%), Vitamin B5: 1.68mg (16.81%), Magnesium: 65.77mg (16.44%), Vitamin B1: 0.24mg (16.09%), Vitamin E: 2.35mg (15.7%), Zinc: 1.92mg (12.8%), Iron: 2.13mg (11.83%), Vitamin B3: 2.17mg (10.83%), Copper: 0.17mg (8.53%), Vitamin B12: 0.47µg (7.8%)