



Cream of Broccoli Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 8 cups bite-size broccoli florets cut from a 2-lb. head
- ☐ 4 cups chicken broth low-sodium canned
- ☐ 1 cup heavy cream warmed
- ☐ 2 large leeks light white green sliced into thin half-moons
- ☐ 1 teaspoon nutmeg
- ☐ 2 large russet potatoes diced peeled
- ☐ 4 servings salt and pepper

☐ 4 tablespoons butter unsalted

Equipment

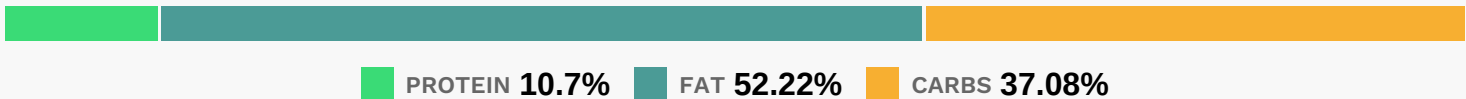
☐ sauce pan

☐ blender

Directions

- ☐ Melt butter in a large saucepan over medium-low heat.
- ☐ Add leeks and saut until leeks are soft, but not browned, about 8 minutes. If leeks start to stick to saucepan, stir in a few teaspoons of water.
- ☐ Add diced potatoes, 3 cups chicken broth and bay leaf. Bring just to a boil, lower heat and simmer until potatoes are tender, about 10 minutes.
- ☐ Add broccoli and remaining 1 cup of chicken broth. Raise heat to medium-high, bring mixture back to a boil, lower heat and simmer until broccoli is bright green and just tender, about 5 minutes. Take saucepan off heat and remove bay leaf.
- ☐ In a blender, puree soup in batches until fairly smooth (soup will be very thick). Return puree to saucepan and slowly stir in cream. Warm soup over medium-low heat until just warmed through; do not let soup boil. Season with salt, pepper and nutmeg, if using.
- ☐ Serve soup hot, with homemade croutons or crackers, if desired.

Nutrition Facts



Properties

Glycemic Index:54.69, Glycemic Load:30.44, Inflammation Score:-10, Nutrition Score:33.369999885559%

Flavonoids

Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Kaempferol: 15.46mg, Kaempferol: 15.46mg, Kaempferol: 15.46mg, Kaempferol: 15.46mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 577.92kcal (28.9%), Fat: 35.39g (54.44%), Saturated Fat: 21.7g (135.64%), Carbohydrates: 56.54g (18.85%), Net Carbohydrates: 48.5g (17.64%), Sugar: 8.17g (9.08%), Cholesterol: 97.33mg (32.44%), Sodium:

360.47mg (15.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.62%), Vitamin C: 178.58mg (216.47%), Vitamin K: 212.76µg (202.63%), Vitamin A: 3104.09IU (62.08%), Vitamin B6: 1.1mg (55.24%), Potassium: 1689.35mg (48.27%), Manganese: 0.9mg (45.21%), Folate: 172.2µg (43.05%), Phosphorus: 346.93mg (34.69%), Vitamin B3: 6.53mg (32.67%), Fiber: 8.04g (32.17%), Vitamin B2: 0.47mg (27.94%), Magnesium: 100.87mg (25.22%), Iron: 4.44mg (24.64%), Copper: 0.47mg (23.36%), Vitamin B1: 0.32mg (21.44%), Calcium: 189.1mg (18.91%), Vitamin B5: 1.83mg (18.28%), Vitamin E: 2.72mg (18.13%), Zinc: 1.74mg (11.59%), Selenium: 7.67µg (10.95%), Vitamin D: 1.16µg (7.75%), Vitamin B12: 0.35µg (5.92%)