



Cream of Broccoli Soup

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup onion chopped
- ☐ 1 cup carrots thinly sliced
- ☐ 2 teaspoons mustard seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 3.5 cups broccoli coarsely chopped
- ☐ 14.5 ounces chicken broth canned

- ☐ 1 cup water
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup cream sour

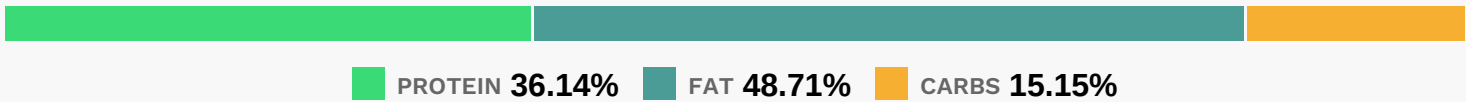
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Melt butter in 3-quart saucepan over medium heat. Cook onion and carrots in
- ☐ butter about 5 minutes, stirring occasionally, until onion is tender. Stir in mustard
- ☐ seed, salt and pepper. Stir in broccoli, broth and water.
- ☐ Heat to boiling; reduce heat.
- ☐ Cover and simmer about 10 minutes or until broccoli is tender.
- ☐ Place one-third of the broccoli mixture in blender. Cover and blend on high
- ☐ speed until smooth; pour into bowl. Continue to blend in small batches until all
- ☐ soup is pureed.
- ☐ Return blended mixture to saucepan. Stir in lemon juice.
- ☐ Heat over low heat
- ☐ just until hot. Stir in sour cream.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:2.44, Inflammation Score:-10, Nutrition Score:23.743043274983%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 6.24mg, Kaempferol: 6.24mg, Kaempferol: 6.24mg, Kaempferol: 6.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 324.7kcal (16.23%), Fat: 17.68g (27.21%), Saturated Fat: 5.07g (31.7%), Carbohydrates: 12.37g (4.12%), Net Carbohydrates: 8.91g (3.24%), Sugar: 4.33g (4.81%), Cholesterol: 59.86mg (19.95%), Sodium: 907.98mg (39.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.52g (59.03%), Vitamin A: 6349.17IU (126.98%), Vitamin C: 73.27mg (88.81%), Vitamin K: 85.71µg (81.63%), Selenium: 24.63µg (35.18%), Phosphorus: 250.41mg (25.04%), Zinc: 3.14mg (20.96%), Vitamin B6: 0.41mg (20.61%), Vitamin B12: 1.06µg (17.75%), Vitamin B3: 3.39mg (16.93%), Potassium: 568.43mg (16.24%), Folate: 64.33µg (16.08%), Vitamin B2: 0.25mg (14.59%), Manganese: 0.29mg (14.43%), Fiber: 3.46g (13.84%), Magnesium: 49.7mg (12.42%), Iron: 2.2mg (12.23%), Vitamin E: 1.5mg (9.98%), Calcium: 89mg (8.9%), Copper: 0.14mg (6.77%), Vitamin B1: 0.1mg (6.76%), Vitamin B5: 0.62mg (6.25%)