



Cream of Broccoli Soup

READY IN



30 min.

SERVINGS



30

CALORIES



31 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz broccoli frozen cooked drained chopped
- 1 Tbsp butter
- 4 oz philadelphia cream cheese cubed ()
- 1 Tbsp flour
- 0.3 tsp ground nutmeg
- 2 cups milk
- 0.3 cup onions chopped
- 0.1 tsp pepper
- 8 oz velveeta cut into 1/2-inch cubes

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Equipment

sauce pan

whisk

Directions

Cook and stir onions in butter in medium saucepan on medium-high heat 3 to 5 min. or until onions are crisp-tender.

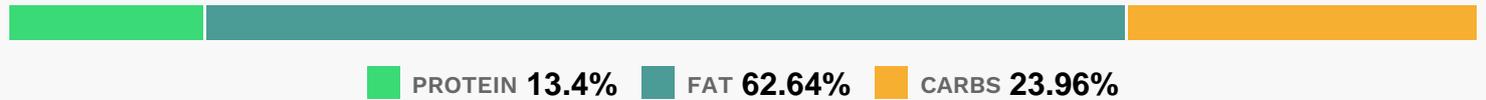
Whisk in flour until blended.

Stir in milk; cook on medium heat 2 min., stirring occasionally.

Add cream cheese; cook and stir 2 to 3 min. or until melted.

Add remaining ingredients; mix well. Cook 5 min. or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:10.03, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:2.1491304156573%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 31.12kcal (1.56%), Fat: 2.24g (3.45%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.65g (0.6%), Sugar: 1.15g (1.28%), Cholesterol: 5.77mg (1.92%), Sodium: 25.63mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin C: 8.53mg (10.34%), Vitamin K: 9.79µg (9.32%), Vitamin A: 152.77IU (3.06%), Calcium: 28.67mg (2.87%), Phosphorus: 27.53mg (2.75%), Vitamin B2: 0.04mg (2.59%), Potassium: 61.84mg (1.77%), Folate: 7.02µg (1.76%), Vitamin B12: 0.1µg (1.61%), Vitamin B6: 0.03mg (1.52%), Vitamin B5: 0.14mg (1.4%), Selenium: 0.96µg (1.38%), Manganese: 0.03mg (1.3%), Vitamin B1: 0.02mg (1.29%), Vitamin D: 0.18µg (1.19%), Magnesium: 4.53mg (1.13%), Fiber: 0.28g (1.12%)