



## Cream of Broccoli Soup with Roasted Garlic Crostini

 Vegetarian

READY IN



23 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups broccoli steamed
- 1 carrots peeled chopped
- 0.5 cup celery chopped
- 12 ounce evaporated milk canned
- 1 slices baguette french
- 2 cloves garlic minced
- 0.3 cup roasted garlic cloves

- 3 cups chicken broth reduced-sodium
- 2 teaspoons olive oil
- 0.5 cup onion chopped
- 4 servings salt and pepper black freshly ground

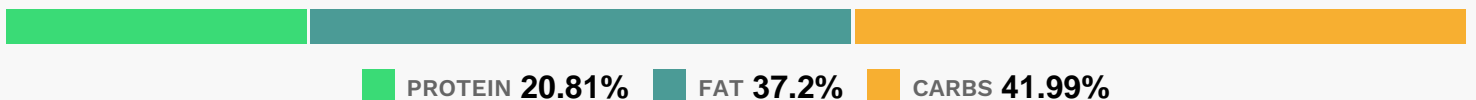
## Equipment

- baking sheet
- oven
- pot
- blender
- immersion blender

## Directions

- Preheat oven to 400 degrees F.
- Arrange bread slices on a baking sheet.
- Bake for 6 minutes, until toasted.
- Meanwhile, in a large stock pot, heat olive oil over medium heat.
- Add onion, celery, garlic, carrot, and broccoli.
- Pour broth over vegetables and increase the heat to high. Bring to a boil, reduce heat to medium and simmer 5 minutes. Using an immersion blender, puree until smooth or you can use a blender.
- Add milk and simmer 1 minute to heat through. Puree again. Season, to taste, with salt and pepper. Using a fork, mash garlic cloves with a pinch each of salt and black pepper, making a thick paste.
- Spread mixture on toasted bread and serve with soup.

## Nutrition Facts



## Properties

Glycemic Index:75.4, Glycemic Load:5.37, Inflammation Score:-9, Nutrition Score:18.940869510174%

## Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

## Nutrients (% of daily need)

Calories: 231.89kcal (11.59%), Fat: 10.02g (15.41%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 22.87g (8.32%), Sugar: 11.76g (13.07%), Cholesterol: 24.66mg (8.22%), Sodium: 230.88mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.21%), Vitamin A: 3083.84IU (61.68%), Vitamin C: 47.64mg (57.74%), Vitamin K: 53.01µg (50.48%), Calcium: 296.51mg (29.65%), Phosphorus: 296.35mg (29.63%), Vitamin B2: 0.43mg (25.57%), Manganese: 0.42mg (21.13%), Potassium: 722.51mg (20.64%), Vitamin B6: 0.36mg (17.97%), Vitamin B3: 3.54mg (17.69%), Folate: 54.73µg (13.68%), Vitamin B1: 0.17mg (11.03%), Magnesium: 42.1mg (10.52%), Fiber: 2.58g (10.3%), Vitamin B5: 1mg (10%), Copper: 0.19mg (9.7%), Selenium: 6.43µg (9.18%), Zinc: 1.31mg (8.75%), Iron: 1.48mg (8.24%), Vitamin E: 0.94mg (6.27%), Vitamin B12: 0.31µg (5.22%)