



 14%  
HEALTH SCORE

## Creamed Broccoli Soup

READY IN



65 min.

SERVINGS



6

CALORIES



235 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound broccoli florets fresh
- 3 tablespoons butter
- 4 large carrots chopped
- 4 tablespoons chicken powder
- 3 tablespoons flour all-purpose
- 1 clove garlic chopped
- 0.5 teaspoon pepper black
- 2 cups half and half
- 0.3 cup water

- 1 onion chopped
- 0.3 cup parsley chopped
- 1 tablespoon soya sauce
- 4 cups water

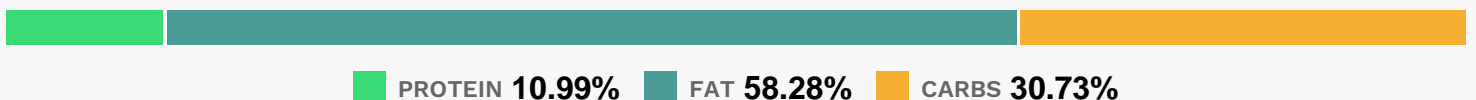
## Equipment

- food processor
- sauce pan
- pot
- blender

## Directions

- Melt butter in a saucepan over medium heat; add chopped onions, carrots, and garlic, and cook for 5 minutes, stirring occasionally until softened.
- In a medium-sized cooking pot, add 4 cups water and chicken bouillon granules and bring to boil.
- Add precooked onion mixture to soup pot.
- Add broccoli florets, reserving a few pieces to be added near the end of cooking time. Reduce heat and simmer, covered, for 15 to 20 minutes or until broccoli is just tender.
- In a blender or food processor, puree soup in batches and return to pot. Stir in half and half cream and remaining broccoli florets.
- In a cup, mix flour with 1/4 cup cold water to form a thin liquid.
- Bring soup to boil; add flour mixture slowly, stirring constantly to thicken soup as desired.
- Add soy sauce, black pepper, and stir well.
- Garnish with chopped parsley (or carrot curls) when serving.
- Serve soup hot or cold.

## Nutrition Facts



## Properties

Glycemic Index:56.64, Glycemic Load:5.06, Inflammation Score:-10, Nutrition Score:21.805217369743%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 6.2mg, Kaempferol: 6.2mg, Kaempferol: 6.2mg, Kaempferol: 6.2mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

## Nutrients (% of daily need)

Calories: 234.99kcal (11.75%), Fat: 15.9g (24.46%), Saturated Fat: 9.5g (59.4%), Carbohydrates: 18.86g (6.29%), Net Carbohydrates: 14.98g (5.45%), Sugar: 8.34g (9.27%), Cholesterol: 43.72mg (14.57%), Sodium: 1126.4mg (48.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.49%), Vitamin A: 9162.34IU (183.25%), Vitamin K: 126.35µg (120.33%), Vitamin C: 75.87mg (91.96%), Vitamin B2: 0.32mg (18.87%), Folate: 75.17µg (18.79%), Phosphorus: 166.29mg (16.63%), Manganese: 0.33mg (16.55%), Potassium: 566.16mg (16.18%), Calcium: 161.1mg (16.11%), Fiber: 3.88g (15.53%), Vitamin B6: 0.28mg (14.05%), Vitamin B1: 0.16mg (10.41%), Selenium: 6.99µg (9.99%), Magnesium: 38.9mg (9.73%), Vitamin B5: 0.89mg (8.91%), Vitamin E: 1.31mg (8.75%), Vitamin B3: 1.53mg (7.64%), Iron: 1.24mg (6.86%), Copper: 0.12mg (5.84%), Zinc: 0.87mg (5.8%), Vitamin B12: 0.18µg (2.92%)