



Creamy Broccoli Soup

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



393 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds broccoli florets fresh roughly chopped
- 6 servings kosher salt and freshly cracked pepper black
- 4 cups chicken broth low-sodium
- 12 ounces mascarpone cheese divided
- 3 tablespoons olive oil extra-virgin
- 4 shallots peeled sliced
- 6 servings water hot

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- whisk
- pot
- blender

Directions

- Watch how to make this recipe.
- Heat the oil in large pot over medium heat.
- Add the shallots and cook briefly to soften, 3 to 4 minutes. Stir in the broccoli, and season with salt and pepper, to taste
- Add the chicken broth and bring to a boil. Reduce the heat to maintain a simmer, then cover the pan and cook until the vegetables are fork tender, 10 to 15 minutes. Cool for about 5 minutes. Carefully add the soup to a blender, in small batches, and blend until smooth.
- Pour the puree into a clean large saucepan over low heat.
- Add hot water to thin, if necessary.
- Whisk in all but 1/2 cup of the mascarpone. Taste and adjust the seasoning, as necessary.
- To serve, ladle the soup into bowls and garnish each bowl with a small dollop of mascarpone.

Nutrition Facts

■ PROTEIN 10.69% ■ FAT 76% ■ CARBS 13.31%

Properties

Glycemic Index:10.33, Glycemic Load:2.15, Inflammation Score:-8, Nutrition Score:18.393478269162%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin:

3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 392.75kcal (19.64%), Fat: 33.89g (52.15%), Saturated Fat: 17.26g (107.85%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 9.87g (3.59%), Sugar: 3.44g (3.83%), Cholesterol: 56.7mg (18.9%), Sodium: 323.57mg (14.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.46%), Vitamin C: 102.48mg (124.22%), Vitamin K: 120.01µg (114.3%), Vitamin A: 1500.92IU (30.02%), Folate: 77.11µg (19.28%), Potassium: 549.42mg (15.7%), Calcium: 152.42mg (15.24%), Vitamin B3: 2.91mg (14.57%), Manganese: 0.29mg (14.37%), Fiber: 3.48g (13.93%), Vitamin B6: 0.27mg (13.58%), Phosphorus: 132.04mg (13.2%), Vitamin E: 1.9mg (12.66%), Vitamin B2: 0.18mg (10.78%), Copper: 0.19mg (9.42%), Magnesium: 31.26mg (7.81%), Iron: 1.4mg (7.77%), Vitamin B5: 0.7mg (6.98%), Vitamin B1: 0.09mg (6.03%), Zinc: 0.71mg (4.75%), Selenium: 3.04µg (4.34%), Vitamin B12: 0.16µg (2.62%)