



 12%
HEALTH SCORE

Creamy Broccoli Soup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



54 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.5 cups broccoli fresh
- 2 cups chicken broth
- 2 tablespoons flour all-purpose
- 1 cup milk
- 0.3 cup onion chopped
- 0.5 teaspoon oregano dried
- 6 servings salt and pepper to taste

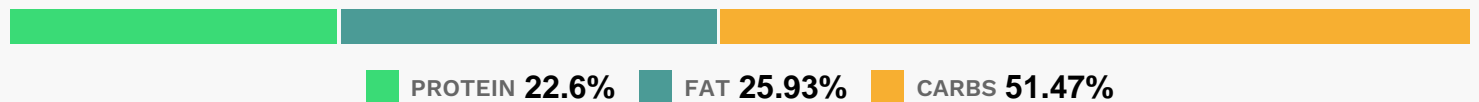
Equipment

bowl

Directions

- Bring broth to a boil.
- Add broccoli and onion. Cook for five minutes, or until broccoli is tender.
- In a separate bowl, slowly add milk to flour, and mix until well blended.
- Stir flour mixture into broth mixture. Cook, stirring constantly, until soup is thick and bubbly.
- Add cheese if desired; stir until melted.
- Add seasonings and serve.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:2.72, Inflammation Score:-5, Nutrition Score:7.6200000255004%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 53.78kcal (2.69%), Fat: 1.64g (2.52%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 7.32g (2.44%), Net Carbohydrates: 6.12g (2.22%), Sugar: 3.21g (3.57%), Cholesterol: 6.45mg (2.15%), Sodium: 512.32mg (22.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Vitamin C: 33.2mg (40.25%), Vitamin K: 38.59µg (36.75%), Vitamin B2: 0.16mg (9.43%), Calcium: 75.08mg (7.51%), Manganese: 0.15mg (7.46%), Folate: 29.34µg (7.33%), Phosphorus: 73.29mg (7.33%), Vitamin A: 298.85IU (5.98%), Vitamin B1: 0.09mg (5.88%), Potassium: 205.51mg (5.87%), Vitamin B6: 0.1mg (4.99%), Fiber: 1.21g (4.82%), Selenium: 2.89µg (4.13%), Vitamin B12: 0.24µg (3.92%), Vitamin B5: 0.39mg (3.9%), Magnesium: 15.03mg (3.76%), Vitamin B3: 0.61mg (3.06%), Vitamin D: 0.45µg (2.98%), Iron: 0.52mg (2.86%), Zinc: 0.41mg (2.7%), Vitamin E: 0.37mg (2.47%), Copper: 0.04mg (1.88%)