



Creamy Broccoli Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 12 ounce broccoli florets coarsely chopped
- ☐ 15 ounce no-salt-added cannellini beans rinsed drained canned
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.8 cup leek chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped

- ☐ 6 tablespoons parmesan cheese fresh grated
- ☐ 1.5 cups potatoes red cubed peeled (1-inch)
- ☐ 3 cups vegetable broth organic
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion, leek, and garlic; cook 5 minutes or until tender, stirring frequently. Stir in broth and next 4 ingredients (through salt). Bring to a boil; reduce heat and simmer 10 minutes or just until potatoes are tender, stirring occasionally. Stir in broccoli and beans; cook 8 minutes or until broccoli is tender.
- ☐ Place one-third of soup mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour into a large bowl. Repeat procedure twice with remaining soup mixture. Wipe pan with paper towels.
- ☐ Return soup to pan. Cook over medium-low heat 5 minutes or until thoroughly heated, stirring occasionally. Ladle soup into bowls; sprinkle evenly with cheese.

Nutrition Facts



 PROTEIN **20.19%**  FAT **21.68%**  CARBS **58.13%**

Properties

Glycemic Index:56.25, Glycemic Load:3.84, Inflammation Score:-8, Nutrition Score:19.50086948146%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 7.38mg, Kaempferol: 7.38mg, Kaempferol: 7.38mg, Kaempferol: 7.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg, Quercetin: 11.12mg

Nutrients (% of daily need)

Calories: 223.34kcal (11.17%), Fat: 5.9g (9.07%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 26.71g (9.71%), Sugar: 5.73g (6.37%), Cholesterol: 5.1mg (1.7%), Sodium: 1170.74mg (50.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.71%), Vitamin C: 83.71mg (101.47%), Vitamin K: 98.24µg (93.56%), Fiber: 8.86g (35.43%), Vitamin A: 1246.29IU (24.93%), Calcium: 221.87mg (22.19%), Iron: 3.69mg (20.49%), Manganese: 0.41mg (20.44%), Folate: 77.54µg (19.38%), Vitamin B6: 0.31mg (15.48%), Phosphorus: 145.47mg (14.55%), Potassium: 501.45mg (14.33%), Magnesium: 38.01mg (9.5%), Vitamin E: 1.35mg (9.01%), Vitamin B2: 0.15mg (8.88%), Vitamin B1: 0.12mg (7.85%), Copper: 0.14mg (7.21%), Vitamin B5: 0.68mg (6.85%), Selenium: 4.55µg (6.5%), Zinc: 0.77mg (5.12%), Vitamin B3: 1.01mg (5.07%), Vitamin B12: 0.09µg (1.5%)