

Creamy Broccoli Soup (Frozen Broccoli)

READY IN



45 min.

SERVINGS



6

CALORIES



196 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce broccoli frozen
- 0.5 stick butter
- 2 tablespoons flour all-purpose
- 0.5 cup cup heavy whipping cream
- 4 cups chicken stock low-sodium
- 1 large onion diced finely
- 6 servings pepper black freshly ground

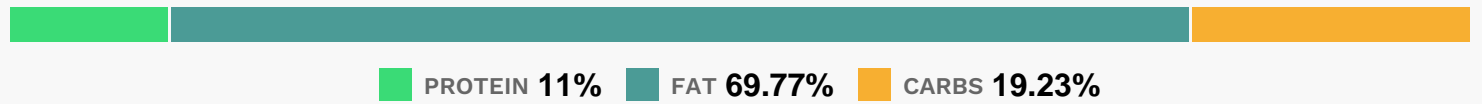
Equipment

- whisk
- pot
- immersion blender

Directions

- Melt butter in large, heavy pot over medium-high heat. Sweat onions, and stir in the flour until incorporated. Gradually whisk in the stock.
- Add the broccoli and bring to a simmer. Cook for 20 minutes. Finish with cream. Roughly puree with an immersion blender and season, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.52, Inflammation Score:-7, Nutrition Score:10.366956586423%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 195.54kcal (9.78%), Fat: 15.97g (24.57%), Saturated Fat: 9.75g (60.96%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 8.15g (2.97%), Sugar: 2.66g (2.96%), Cholesterol: 42.66mg (14.22%), Sodium: 129.77mg (5.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin C: 44.12mg (53.47%), Vitamin K: 49.76µg (47.39%), Vitamin A: 822.28IU (16.45%), Vitamin B3: 2.65mg (13.26%), Phosphorus: 102.26mg (10.23%), Folate: 40.18µg (10.05%), Potassium: 346.22mg (9.89%), Vitamin B2: 0.16mg (9.54%), Manganese: 0.16mg (8.07%), Fiber: 1.75g (6.99%), Vitamin B6: 0.14mg (6.85%), Copper: 0.12mg (6.01%), Vitamin E: 0.78mg (5.18%), Calcium: 50.42mg (5.04%), Iron: 0.88mg (4.86%), Vitamin B1: 0.07mg (4.61%), Magnesium: 16.29mg (4.07%), Selenium: 2.85µg (4.07%), Vitamin B5: 0.37mg (3.75%), Vitamin B12: 0.21µg (3.42%), Zinc: 0.47mg (3.12%), Vitamin D: 0.32µg (2.12%)