



Creamy Chicken Divan Soup

 Gluten Free

READY IN



47 min.

SERVINGS



32

CALORIES



103 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 24 oz broccoli florets fresh (12 cups)
- ☐ 2 tablespoons butter
- ☐ 48 oz chicken broth
- ☐ 4 cups meat from a rotisserie chicken cooked chopped
- ☐ 8 oz cream cheese cut into cubes
- ☐ 1 garlic clove chopped
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 32 servings salt and pepper to taste

- ☐ 8 oz block sharp cheddar cheese shredded
- ☐ 1 medium size onion sweet chopped

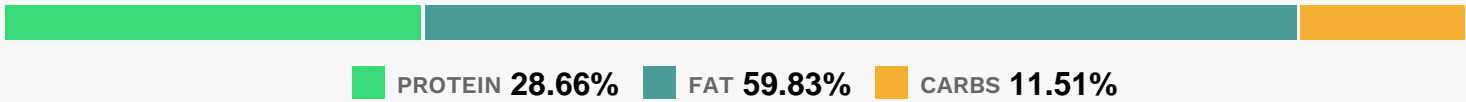
Equipment

- ☐ blender
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Melt butter in a Dutch oven over medium-high heat; add onion, and saut 5 to 6 minutes or until tender.
- ☐ Add garlic and red pepper, and cook 2 minutes. Stir in chicken broth and broccoli. Cover and bring to a boil; reduce heat to medium, and cook 10 to 15 minutes or until broccoli is tender. Stir in cream cheese.
- ☐ Process mixture with a handheld blender until smooth.
- ☐ Add chicken and shredded cheese. Cook, stirring occasionally, 5 minutes or until cheese is melted. Season with salt and pepper to taste.
- ☐ Serve immediately with almonds, if desired.
- ☐ Note: If you don't have a handheld immersion blender, let mixture cool slightly; process mixture, in batches, in a regular blender until smooth, stopping to scrape down sides as needed. Return mixture to Dutch oven, and proceed as directed.

Nutrition Facts



Properties

Glycemic Index:5.19, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:6.0913042983283%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.13mg, Myricetin:

0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 102.5kcal (5.12%), Fat: 6.9g (10.61%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.36g (1.51%), Cholesterol: 30.1mg (10.03%), Sodium: 447.03mg (19.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.87%), Vitamin C: 19.49mg (23.63%), Vitamin K: 22.12µg (21.06%), Selenium: 7.7µg (11%), Phosphorus: 92.57mg (9.26%), Vitamin B3: 1.63mg (8.17%), Vitamin B2: 0.13mg (7.4%), Calcium: 73.4mg (7.34%), Vitamin A: 333.3IU (6.67%), Vitamin B6: 0.13mg (6.64%), Folate: 18.81µg (4.7%), Zinc: 0.69mg (4.63%), Potassium: 142.97mg (4.08%), Manganese: 0.08mg (3.94%), Vitamin B5: 0.38mg (3.77%), Magnesium: 12.12mg (3.03%), Vitamin B1: 0.04mg (2.87%), Fiber: 0.65g (2.61%), Vitamin B12: 0.15µg (2.52%), Iron: 0.45mg (2.49%), Vitamin E: 0.33mg (2.17%), Copper: 0.04mg (1.84%)