



Creamy Roasted Broccoli Soup

 Gluten Free

READY IN



60 min.

SERVINGS



20

CALORIES



69 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds broccoli for another use cut into 1-inch florets, stems reserved
- 4 ounces cream cheese
- 20 servings croutons for serving
- 5 cloves garlic unpeeled
- 3 cups chicken broth low-sodium
- 2 tablespoons olive oil extra-virgin
- 20 servings pepper freshly ground
- 20 servings salt

2 tablespoons butter unsalted melted

Equipment

sauce pan

oven

blender

roasting pan

aluminum foil

Directions

Preheat the oven to 40

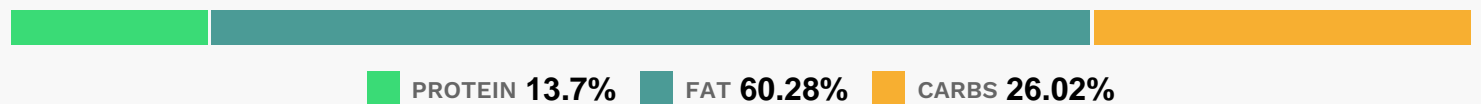
Wrap the garlic in a foil packet and roast for 50 minutes, until softened. Meanwhile, in a small roasting pan, toss the broccoli with the olive oil and butter and season with salt and pepper. Roast for 20 minutes, or until tender.

Squeeze the garlic cloves from their skins into a blender.

Add the roasted broccoli, cream cheese and broth and puree until smooth.

Transfer the soup to a saucepan and bring to a simmer. Season with salt and pepper and serve with croutons.

Nutrition Facts



Properties

Glycemic Index:9.65, Glycemic Load:1.25, Inflammation Score:-5, Nutrition Score:7.4943480057561%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 68.78kcal (3.44%), Fat: 4.94g (7.6%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 3.53g (1.28%), Sugar: 1.04g (1.15%), Cholesterol: 8.74mg (2.91%), Sodium: 244.49mg (10.63%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.05%), Vitamin C: 40.69mg (49.33%), Vitamin K: 47.5µg (45.24%), Vitamin A: 394.34IU (7.89%), Folate: 30.49µg (7.62%), Manganese: 0.13mg (6.34%), Potassium: 187.23mg (5.35%), Fiber: 1.27g (5.09%), Phosphorus: 49.42mg (4.94%), Vitamin B6: 0.1mg (4.8%), Vitamin B2: 0.08mg (4.76%), Vitamin E: 0.64mg (4.26%), Vitamin B3: 0.84mg (4.21%), Calcium: 31.27mg (3.13%), Vitamin B5: 0.3mg (3.04%), Selenium: 2.12µg (3.03%), Magnesium: 11.09mg (2.77%), Vitamin B1: 0.04mg (2.76%), Iron: 0.48mg (2.69%), Copper: 0.05mg (2.34%), Zinc: 0.27mg (1.8%)