



Easiest Broccoli Soup EVER

 **Gluten Free**

READY IN



25 min.

SERVINGS



2

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound broccoli cut into small pieces
- 2 servings pepper black to taste
- 2 cups milk
- 2 tablespoons parmesan cheese grated
- 1 cup cheddar cheese shredded

Equipment

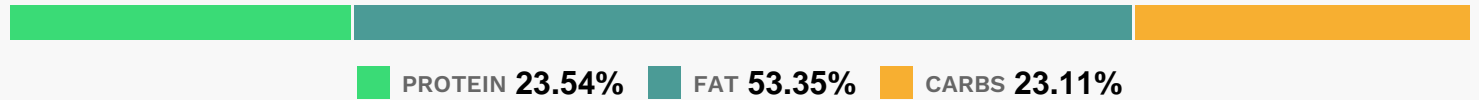
- bowl
- sauce pan

- pot
- blender

Directions

- Place a steamer insert into a saucepan and fill with water to just below the bottom of the insert. Bring the water to a boil.
- Add the broccoli, cover the pot, and steam the broccoli until fork-tender, 8 to 10 minutes.
- Transfer broccoli to a blender and allow to cool slightly, about 5 minutes.
- Place milk, Cheddar cheese, and Parmesan cheese in the blender. Carefully start the blender, using a few quick pulses to get the mixture moving before leaving it on to puree. Alternately, you can use a stick blender and puree in a bowl.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:7.65, Inflammation Score:-10, Nutrition Score:36.29434794965%

Flavonoids

Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Kaempferol: 17.78mg, Kaempferol: 17.78mg, Kaempferol: 17.78mg, Kaempferol: 17.78mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 475.33kcal (23.77%), Fat: 29.26g (45.02%), Saturated Fat: 16.42g (102.63%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 22.59g (8.22%), Sugar: 15.78g (17.54%), Cholesterol: 90.13mg (30.04%), Sodium: 624.59mg (27.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.11%), Vitamin C: 202.3mg (245.21%), Vitamin K: 233.67µg (222.54%), Calcium: 850.81mg (85.08%), Phosphorus: 686.75mg (68.68%), Vitamin B2: 0.87mg (51.1%), Vitamin A: 2418.15IU (48.36%), Selenium: 28.05µg (40.07%), Folate: 155.06µg (38.77%), Vitamin B12: 1.98µg (33.07%), Potassium: 1136.71mg (32.48%), Vitamin B6: 0.59mg (29.45%), Zinc: 4.22mg (28.14%), Manganese: 0.51mg (25.43%), Vitamin B5: 2.46mg (24.61%), Fiber: 5.92g (23.69%), Magnesium: 94.08mg (23.52%), Vitamin B1: 0.32mg (21.03%), Vitamin D: 3.05µg (20.32%), Vitamin E: 2.34mg (15.61%), Iron: 1.78mg (9.88%), Vitamin B3: 1.74mg (8.7%), Copper: 0.14mg (6.78%)