



Easy Broccoli-Cheese Soup

READY IN



25 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 oz broccoli green frozen thawed cut in half giant®
- ☐ 2 tablespoons butter
- ☐ 0.5 cup carrots shredded
- ☐ 15 oz queso asadero old el paso®
- ☐ 1.8 cups chicken broth progresso® (from 32-oz carton)
- ☐ 2 tablespoons flour all-purpose gold medal®
- ☐ 1 cup milk
- ☐ 0.5 cup onion chopped (1 medium)

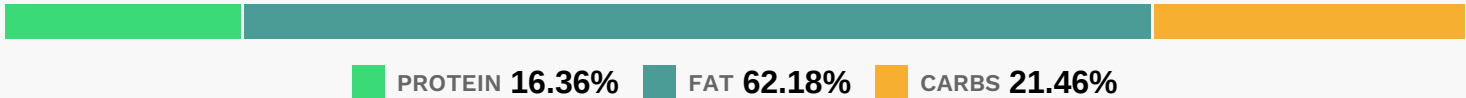
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, melt butter over medium heat.
- ☐ Add carrot and onion; cook, stirring occasionally, until tender.
- ☐ Sprinkle flour over vegetables; stir to blend. Stir in remaining ingredients until well blended. Cook over medium heat, stirring constantly, until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:54.71, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:23.523912968843%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 436.41kcal (21.82%), Fat: 30.46g (46.86%), Saturated Fat: 16.34g (102.1%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 20.78g (7.55%), Sugar: 13.2g (14.67%), Cholesterol: 89.11mg (29.7%), Sodium: 2244.96mg (97.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.03g (36.07%), Phosphorus: 981.75mg (98.17%), Vitamin A: 4111.97IU (82.24%), Vitamin C: 59.76mg (72.44%), Vitamin K: 67.45µg (64.24%), Calcium: 503.32mg (50.33%), Vitamin B2: 0.51mg (30.02%), Potassium: 654.07mg (18.69%), Zinc: 2.43mg (16.17%), Folate: 53.96µg (13.49%), Manganese: 0.26mg (12.9%), Fiber: 2.87g (11.47%), Vitamin B1: 0.15mg (10.06%), Vitamin B6: 0.2mg (9.86%), Vitamin B5: 0.69mg (6.93%), Magnesium: 26.7mg (6.67%), Selenium: 4.55µg (6.5%), Vitamin E: 0.9mg (5.99%), Vitamin B12: 0.36µg (5.95%), Iron: 1mg (5.58%), Vitamin B3: 1.1mg (5.5%), Vitamin D: 0.67µg (4.47%), Copper: 0.07mg (3.38%)