



Easy Cheesy Cream of Broccoli Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce broccoli frozen chopped
- 10.8 ounce cream of mushroom soup canned
- 1.3 cups milk
- 8 ounces processed cheese food (eg velveeta)
- 4 servings salt and pepper to taste

Equipment

Directions

- Prepare broccoli according to directions.
- Drain off excess water.
- Add cream of mushroom soup and one can of milk to broccoli. Stir and heat thoroughly on low.
- Add cheese, stirring until melted.
- Add salt and pepper to taste. Your quick and creamy soup is ready to serve!

Nutrition Facts

PROTEIN 21.93% **FAT 60.88%** **CARBS 17.19%**

Properties

Glycemic Index:24.25, Glycemic Load:2.84, Inflammation Score:-8, Nutrition Score:22.34826071366%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 326.68kcal (16.33%), Fat: 22.56g (34.7%), Saturated Fat: 12.65g (79.07%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 12.33g (4.48%), Sugar: 6.15g (6.84%), Cholesterol: 69.66mg (23.22%), Sodium: 1733.78mg (75.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.28g (36.57%), Vitamin C: 63.22mg (76.63%), Calcium: 722.77mg (72.28%), Vitamin K: 73.99µg (70.47%), Phosphorus: 509.33mg (50.93%), Vitamin B12: 1.38µg (23.07%), Vitamin A: 1100.87IU (22.02%), Vitamin B2: 0.37mg (21.56%), Selenium: 14.67µg (20.96%), Manganese: 0.4mg (20.21%), Zinc: 2.85mg (19.02%), Potassium: 509.22mg (14.55%), Folate: 54.52µg (13.63%), Vitamin B6: 0.23mg (11.58%), Magnesium: 44.11mg (11.03%), Copper: 0.21mg (10.71%), Vitamin B5: 1.06mg (10.64%), Fiber: 2g (7.98%), Vitamin D: 1.18µg (7.86%), Iron: 1.41mg (7.83%), Vitamin B1: 0.12mg (7.78%), Vitamin E: 1.04mg (6.96%), Vitamin B3: 1.26mg (6.31%)