



Emily's Broccoli Cheese Soup

 Gluten Free

READY IN



200 min.

SERVINGS



6

CALORIES



196 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 large head broccoli cut into bite-size pieces
- ☐ 2 tablespoons canola oil
- ☐ 1 cup carrots grated
- ☐ 2 tablespoons cornstarch
- ☐ 10.8 ounce cream of chicken soup reduced-fat reduced-sodium canned (such as Campbell's® Healthy Request)
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon penzey's southwest seasoning italian

- ☐ 0.5 cup cheddar cheese shredded reduced-fat
- ☐ 6 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 2 cups chicken stock see low-sodium
- ☐ 1 tablespoon steak seasoning
- ☐ 1 small onion diced finely

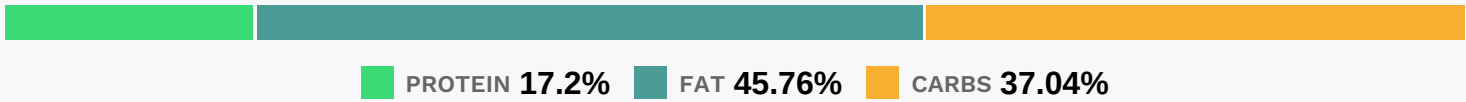
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Combine chicken stock, chicken soup, cornstarch, steak seasoning, black pepper, Italian seasoning, and garlic powder together in a slow cooker set.
- ☐ Heat canola oil in a skillet over medium-high heat. Cook and stir broccoli, carrots, and onion in hot oil until onion is translucent, about 5 minutes.
- ☐ Transfer broccoli mixture to slow cooker.
- ☐ Cook on Low for 3 to 4 hours; add Cheddar cheese and stir until melted. Ladle soup into bowls and top each portion with a dollop of sour cream.

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:3.85, Inflammation Score:-10, Nutrition Score:21.815652275863%

Flavonoids

Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 195.61kcal (9.78%), Fat: 10.52g (16.18%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 15.35g (5.58%), Sugar: 3.73g (4.14%), Cholesterol: 10.24mg (3.41%), Sodium: 497.25mg (21.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.8%), Vitamin K: 119.74µg (114.04%), Vitamin C: 92.76mg (112.44%), Vitamin A: 4371.82IU (87.44%), Manganese: 0.4mg (20.23%), Folate: 75.48µg (18.87%), Phosphorus: 175.75mg (17.57%), Potassium: 548.95mg (15.68%), Fiber: 3.8g (15.2%), Vitamin E: 2.14mg (14.28%), Calcium: 137.5mg (13.75%), Vitamin B2: 0.22mg (12.98%), Vitamin B6: 0.26mg (12.84%), Iron: 2.01mg (11.17%), Vitamin B3: 2.2mg (11.02%), Copper: 0.19mg (9.45%), Magnesium: 33.96mg (8.49%), Selenium: 5.59µg (7.98%), Vitamin B5: 0.78mg (7.79%), Vitamin B1: 0.11mg (7.25%), Zinc: 0.99mg (6.63%), Vitamin B12: 0.18µg (2.92%)