



Erin's Cheesy Broccoli Soup

READY IN



30 min.

SERVINGS



4

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bunches broccoli chopped
- ☐ 2 tablespoons chicken soup base
- ☐ 8 ounce cream cheese softened
- ☐ 5 tablespoons flour all-purpose
- ☐ 0.5 cup butter
- ☐ 2 cups milk
- ☐ 0.5 onion minced
- ☐ 1 cup cheddar cheese shredded
- ☐ 3 cups water

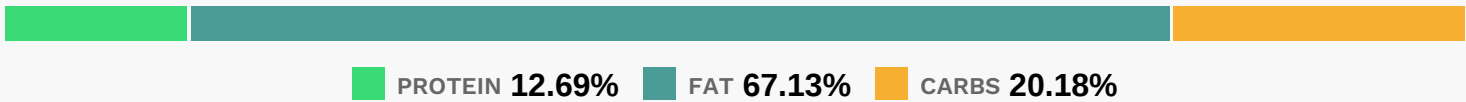
Equipment

☐ pot

Directions

- ☐ Bring water and chicken bouillon granules to a boil in a pot.
- ☐ Add broccoli and onion; cook at a boil until tender, 10 to 12 minutes.
- ☐ Combine milk, margarine, flour, and cream cheese in a large pot over medium heat; cook and stir until the margarine melts and the mixture begins to thicken, about 5 minutes.
- ☐ Stir Cheddar cheese into the milk mixture; cook and stir until the Cheddar melts completely.
- ☐ Pour the broccoli mixture into the cheese mixture in the large pot; stir well.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:12.59, Inflammation Score:-10, Nutrition Score:38.030434608459%

Flavonoids

Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 23.92mg, Kaempferol: 23.92mg, Kaempferol: 23.92mg, Kaempferol: 23.92mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 12.7mg, Quercetin: 12.7mg, Quercetin: 12.7mg, Quercetin: 12.7mg

Nutrients (% of daily need)

Calories: 740.58kcal (37.03%), Fat: 57.43g (88.36%), Saturated Fat: 24.34g (152.11%), Carbohydrates: 38.85g (12.95%), Net Carbohydrates: 30.46g (11.07%), Sugar: 14.3g (15.89%), Cholesterol: 100.48mg (33.49%), Sodium: 1383.53mg (60.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.87%), Vitamin C: 272.27mg (330.02%), Vitamin K: 312.4µg (297.52%), Vitamin A: 4151.39IU (83.03%), Calcium: 570.75mg (57.07%), Folate: 223.41µg (55.85%), Phosphorus: 538.7mg (53.87%), Vitamin B2: 0.85mg (50.02%), Selenium: 26.74µg (38.19%), Manganese: 0.74mg (36.89%), Potassium: 1289.98mg (36.86%), Vitamin B6: 0.68mg (34.17%), Fiber: 8.39g (33.56%), Vitamin B5: 2.73mg (27.34%), Vitamin E: 4.03mg (26.87%), Vitamin B1: 0.39mg (26.04%), Magnesium: 98.67mg (24.67%), Zinc: 3.18mg (21.17%), Vitamin B12: 1.12µg (18.65%), Iron: 2.82mg (15.65%), Vitamin B3: 2.77mg (13.87%), Copper: 0.22mg (10.85%), Vitamin D: 1.51µg (10.08%)