



Gail's Broccoli Soup

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



242 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 16 ounce broccoli florets frozen
- ☐ 6 carrots cubed
- ☐ 1 pinch cayenne pepper to taste
- ☐ 7 cubes chicken bouillon
- ☐ 2 teaspoons chives dried
- ☐ 2 cloves garlic minced
- ☐ 12 servings salt and ground pepper black to taste

- ☐ 3 cups milk
- ☐ 1 small onion diced
- ☐ 1 pound processed cheese food sliced velveeta ® such as
- ☐ 1 large baking potatoes cubed
- ☐ 1 tablespoon vegetable oil
- ☐ 3 cups water

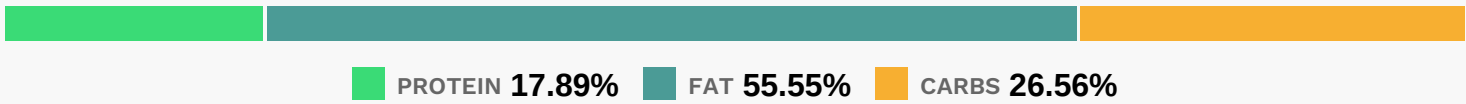
Equipment

- ☐ pot

Directions

- ☐ Heat the vegetable oil in a large pot; cook and stir the onion in the hot oil until soft, 5 to 7 minutes.
- ☐ Pour water and chicken bouillon cubes to the pot; cook and stir until the bouillon dissolves, about 4 minutes.
- ☐ Stir the potato and carrot into the mixture in the pot; cook another 4 minutes.
- ☐ Pour milk into the pot; add broccoli, garlic, chives, bay leaf, cayenne pepper, salt, and black pepper to the mixture, stir, and cook until warm, about 4 minutes.
- ☐ Stir the sliced processed cheese food into the soup, bring to a simmer, and cook and stir until the cheese food is melted completely into the soup, about 5 minutes.
- ☐ Reduce heat to medium-low and continue cooking until the potatoes and carrots are tender, 10 to 15 minutes.
- ☐ Remove and discard the bay leaf to serve.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:7.47, Inflammation Score:-10, Nutrition Score:19.844782601232%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg, Kaempferol: 3.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 242.46kcal (12.12%), Fat: 15.38g (23.67%), Saturated Fat: 8.2g (51.27%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 13.96g (5.08%), Sugar: 6.32g (7.03%), Cholesterol: 45.12mg (15.04%), Sodium: 696.08mg (30.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.29%), Vitamin A: 6352.92IU (127.06%), Vitamin C: 43.29mg (52.47%), Calcium: 513.12mg (51.31%), Vitamin K: 46.59µg (44.37%), Phosphorus: 363.36mg (36.34%), Vitamin B2: 0.26mg (15.26%), Vitamin B6: 0.3mg (15.11%), Potassium: 523.08mg (14.95%), Vitamin B12: 0.9µg (14.94%), Selenium: 10.08µg (14.4%), Manganese: 0.23mg (11.49%), Magnesium: 42.58mg (10.65%), Zinc: 1.57mg (10.49%), Fiber: 2.59g (10.36%), Folate: 38.99µg (9.75%), Vitamin B1: 0.12mg (8.22%), Vitamin B5: 0.8mg (8.01%), Vitamin E: 0.93mg (6.2%), Vitamin D: 0.9µg (5.99%), Iron: 1.07mg (5.94%), Copper: 0.1mg (5.11%), Vitamin B3: 1.01mg (5.07%)