



Gouda and Broccoli Soup

READY IN



35 min.

SERVINGS



4

CALORIES



684 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups broccoli chopped
- ☐ 0.3 cup butter
- ☐ 10.5 ounce chicken broth canned
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups gouda cheese grated
- ☐ 1 pinch ground nutmeg
- ☐ 2 cups milk
- ☐ 1 onion chopped
- ☐ 4 servings salt and pepper to taste

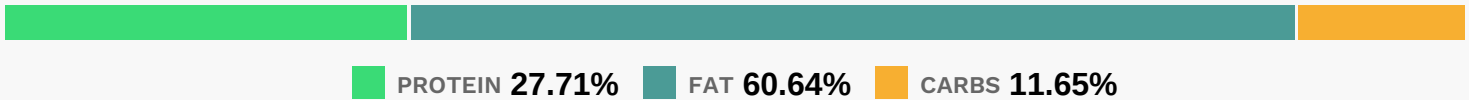
Equipment

- ☐ pot
- ☐ microwave

Directions

- ☐ Melt butter in a large pot over medium-high heat. Cook and stir onion in the melted butter until tender, 5 to 7 minutes.
- ☐ Sprinkle flour over the onion; continue cooking 2 to 3 minutes, stirring often.
- ☐ Pour chicken broth and milk into the pot; reduce heat to medium, and bring the mixture to a simmer. Stir shredded Gouda cheese into the liquid; cook and stir until the cheese melts completely.
- ☐ Place broccoli into a microwave-safe dish; cook in the microwave until softened, 3 to 5 minutes.
- ☐ Stir broccoli into the soup.
- ☐ Season the soup with nutmeg, salt, and black pepper to serve.

Nutrition Facts



Properties

Glycemic Index:79.75, Glycemic Load:8.2, Inflammation Score:-8, Nutrition Score:27.026087056036%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg, Quercetin: 7.02mg

Nutrients (% of daily need)

Calories: 684.15kcal (34.21%), Fat: 46.1g (70.93%), Saturated Fat: 26.99g (168.68%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 18.05g (6.56%), Sugar: 9.85g (10.95%), Cholesterol: 183.49mg (61.16%), Sodium: 1432.51mg (62.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.41g (94.81%), Calcium: 813.68mg (81.37%), Phosphorus: 770.88mg (77.09%), Vitamin C: 41.29mg (50.05%), Vitamin K: 50.12µg (47.74%), Selenium: 32.91µg

(47.01%), Vitamin B12: 2.79µg (46.56%), Zinc: 6.12mg (40.81%), Vitamin B2: 0.64mg (37.74%), Vitamin A: 1458.33IU (29.17%), Vitamin B6: 0.4mg (20.05%), Magnesium: 68.96mg (17.24%), Potassium: 596.08mg (17.03%), Folate: 67.98µg (16.99%), Vitamin B3: 2.75mg (13.77%), Vitamin B1: 0.2mg (13.45%), Vitamin D: 1.86µg (12.4%), Vitamin B5: 1.09mg (10.92%), Iron: 1.93mg (10.74%), Manganese: 0.2mg (10.18%), Vitamin E: 1.19mg (7.96%), Fiber: 1.87g (7.5%), Copper: 0.12mg (5.83%)