



Gourmet Cream of Broccoli Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



431 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli fresh chopped
- 2 tablespoons butter
- 1.5 cups chicken broth
- 2 servings pepper black to taste
- 0.5 cup cup heavy whipping cream
- 1 onion thinly sliced
- 1 small potatoes thinly sliced
- 0.3 teaspoon salt

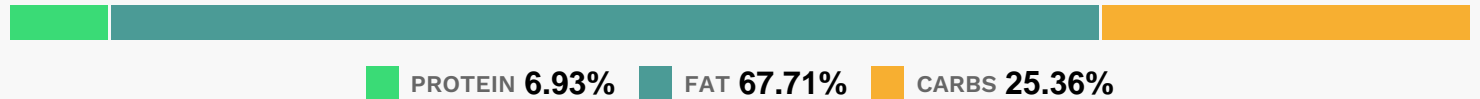
Equipment

- frying pan
- baking paper
- blender

Directions

- Melt butter in pan, do not brown.
- Add vegetables, toss to coat with butter, then press parchment paper on top of vegetables-- this is called "sweating"-- for better flavor. Put lid on pan and simmer very gently until vegetables have softened. Do not brown.
- Remove paper, add chicken stock, bring to a boil, then simmer until vegetables are soft.
- Put in blender and puree until smooth.
- Pour back in pan, add salt, pepper, and cream. Simmer gently, do not boil or cream will curdle, until heated through.

Nutrition Facts



Properties

Glycemic Index:112.38, Glycemic Load:13.16, Inflammation Score:-9, Nutrition Score:21.173478240552%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 7.94mg, Kaempferol: 7.94mg, Kaempferol: 7.94mg, Kaempferol: 7.94mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 14.63mg, Quercetin: 14.63mg, Quercetin: 14.63mg, Quercetin: 14.63mg

Nutrients (% of daily need)

Calories: 430.88kcal (21.54%), Fat: 33.66g (51.79%), Saturated Fat: 21.05g (131.57%), Carbohydrates: 28.37g (9.46%), Net Carbohydrates: 23.25g (8.45%), Sugar: 7g (7.77%), Cholesterol: 100.86mg (33.62%), Sodium: 1087.02mg (47.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Vitamin C: 99.67mg (120.81%), Vitamin K: 94.64µg (90.14%), Vitamin A: 1779.62IU (35.59%), Vitamin B6: 0.49mg (24.61%), Manganese:

0.48mg (24.05%), Potassium: 809.23mg (23.12%), Vitamin B2: 0.37mg (21.52%), Folate: 82.31µg (20.58%), Fiber: 5.12g (20.47%), Phosphorus: 167.56mg (16.76%), Vitamin B1: 0.21mg (13.7%), Magnesium: 49.92mg (12.48%), Calcium: 114.51mg (11.45%), Vitamin E: 1.65mg (11%), Vitamin B5: 1.01mg (10.08%), Vitamin B3: 1.95mg (9.77%), Copper: 0.19mg (9.55%), Iron: 1.62mg (8.99%), Selenium: 5.37µg (7.67%), Zinc: 0.98mg (6.54%), Vitamin D: 0.95µg (6.35%), Vitamin B12: 0.15µg (2.57%)