



Gwyneth's Broccoli & Cheese Soup

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



116 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 tsp pepper black freshly ground
- ☐ 2 large stalks broccoli cut into small florets
- ☐ 0.5 tsp coarse salt
- ☐ 2 tbsp olive oil extra virgin
- ☐ 2 cloves garlic peeled thinly sliced
- ☐ 1 onion diced peeled
- ☐ 40 g rocket (or watercress)
- ☐ 30 g strong assertive stilton grated crumbled for the adults or cheddar for the kids

☐ 1 liter vegetable stock

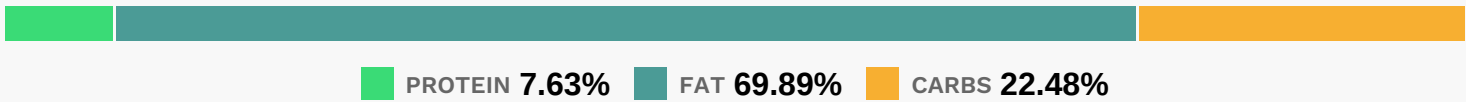
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat the olive oil in a large saucepan over medium heat.
- ☐ Add the garlic and onion and saute for just a minute, or until fragrant.
- ☐ Add the broccoli and cook for 4 minutes, or until bright green.
- ☐ Add the stock, salt & pepper, bring to the boil, lower the heat and cover. Cook for 8 minutes, or until the broccoli is just tender.
- ☐ Pour the soup into a blender and puree with the rocket until quite smooth. Be very careful when blending hot liquids. Start slowly and work in batches is necessary.
- ☐ Pour the soup back into the pan, stir in 30g of the cheese, taste and add more if you'd like.
- ☐ Serve with black pepper and a drizzle of your best olive oil.

Nutrition Facts



Properties

Glycemic Index:56.25, Glycemic Load:2.23, Inflammation Score:-6, Nutrition Score:4.7152173933776%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg

Nutrients (% of daily need)

Calories: 115.59kcal (5.78%), Fat: 9.2g (14.16%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 6.07g (2.21%), Sugar: 3.36g (3.73%), Cholesterol: 5.63mg (1.88%), Sodium: 1376.01mg (59.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin K: 30.24µg (28.8%), Vitamin A: 909.73IU (18.19%), Vitamin C: 7.25mg (8.79%), Vitamin E: 1.14mg (7.59%), Calcium: 61.68mg (6.17%), Manganese: 0.1mg (5.17%), Phosphorus: 45.82mg (4.58%), Vitamin B6: 0.08mg (3.91%), Vitamin B2: 0.05mg (2.97%), Potassium: 101.74mg (2.91%), Fiber: 0.59g (2.37%), Folate: 9.21µg (2.3%), Selenium: 1.55µg (2.21%), Vitamin B5: 0.21mg (2.08%), Zinc: 0.28mg (1.86%), Vitamin B1: 0.03mg (1.82%), Magnesium: 7.28mg (1.82%), Vitamin B12: 0.09µg (1.52%), Copper: 0.03mg (1.4%), Iron: 0.18mg (1.02%)