



Healthified Broccoli Cheddar Soup

READY IN



40 min.

SERVINGS



6

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch broccoli
- ☐ 1 cup cheddar extra-sharp grated
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 0.3 cup flour all-purpose
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 teaspoon nutmeg freshly grated
- ☐ 1 small onion finely chopped
- ☐ 1 medium red-skinned potato diced
- ☐ 2 scallions thinly sliced

- ☐ 3 cups vegetable broth low-sodium
- ☐ 1 teaspoon worcestershire sauce

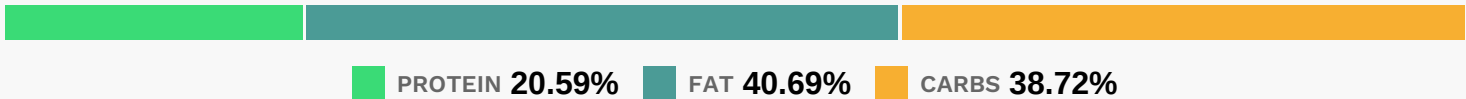
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Separate the stems and the florets from the broccoli. Trim and discard the bottom of the broccoli stems and peel the tough outer layers. Finely chop the stems and coarsely chop the florets and set aside separately.
- ☐ Mist a large pot with nonstick cooking spray and heat over medium heat.
- ☐ Add the broccoli stems, onions and potatoes and cook, stirring, until softened, 7 to 10 minutes.
- ☐ Add the flour and cook, stirring, until lightly toasted, about 2 minutes. Stir in the broth and bring to a boil. Reduce the heat to maintain a simmer and continue to cook, stirring occasionally, until thickened and the vegetables are tender, 12 to 15 minutes.
- ☐ Meanwhile, combine the reserved florets and 1/2 cup water in a small saucepan. Bring to a boil, cover and continue to steam until the florets are bright green and crisp-tender, about 5 minutes.
- ☐ Add the entire contents of the pot with the florets to the soup along with the nutmeg. Stir to combine and remove from the heat. Stir in the Cheddar, Worcestershire and milk. Season with salt and pepper.
- ☐ Garnish with the scallions.

Nutrition Facts



Properties

Glycemic Index:49.17, Glycemic Load:4.64, Inflammation Score:-10, Nutrition Score:24.806087094805%

Flavonoids

Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 238.8kcal (11.94%), Fat: 11.2g (17.23%), Saturated Fat: 6.38g (39.86%), Carbohydrates: 23.97g (7.99%), Net Carbohydrates: 19.72g (7.17%), Sugar: 9.94g (11.04%), Cholesterol: 35.28mg (11.76%), Sodium: 237.8mg (10.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.5%), Vitamin C: 96.94mg (117.5%), Vitamin K: 113.11µg (107.72%), Vitamin A: 4648.48IU (92.97%), Calcium: 343.99mg (34.4%), Phosphorus: 289.92mg (28.99%), Vitamin B2: 0.43mg (25.56%), Folate: 87.94µg (21.98%), Manganese: 0.38mg (19.23%), Potassium: 640.03mg (18.29%), Fiber: 4.25g (17.01%), Selenium: 11.06µg (15.81%), Vitamin B6: 0.29mg (14.61%), Vitamin B5: 1.23mg (12.3%), Magnesium: 48.67mg (12.17%), Vitamin B1: 0.17mg (11.6%), Zinc: 1.68mg (11.21%), Vitamin E: 1.19mg (7.91%), Iron: 1.4mg (7.77%), Vitamin B3: 1.4mg (7.01%), Copper: 0.12mg (5.75%), Vitamin B12: 0.29µg (4.84%), Vitamin D: 0.17µg (1.13%)