



Heart Healthy Cookbook Broccoli-Cheese Soup

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



224 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups broccoli florets fresh thawed ()
- ☐ 1 tablespoon soybean oil
- ☐ 2 teaspoons cornstarch
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup onion chopped
- ☐ 1 cup popped popcorn reduced-fat
- ☐ 1 teaspoon salt

- ☐ 6 oz sharp cheddar cheese shredded reduced-fat
- ☐ 3 cups soymilk fat-free (skim)

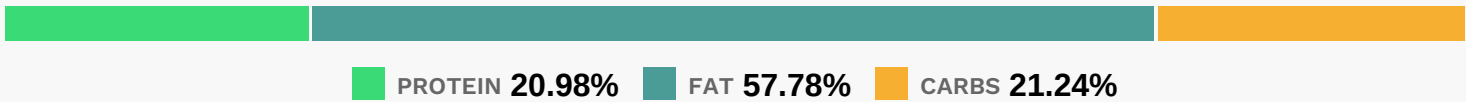
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In 3-quart saucepan, heat oil over medium heat. Stir in onion, flour and salt. Cook 2 to 3 minutes, stirring constantly, until onion is soft.
- ☐ In small bowl, stir soymilk and cornstarch with wire whisk until smooth. Gradually stir into onion mixture. Cook 5 to 6 minutes, stirring frequently, until thick and bubbly.
- ☐ Stir in cheese. Cook about 3 minutes, stirring frequently, until cheese is melted. Stir in broccoli. Cook about 1 minute or until hot, stirring occasionally.
- ☐ Serve topped with popcorn.

Nutrition Facts



Properties

Glycemic Index:43.46, Glycemic Load:3.71, Inflammation Score:-8, Nutrition Score:18.365652146547%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 223.79kcal (11.19%), Fat: 14.53g (22.36%), Saturated Fat: 6.1g (38.14%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 9.83g (3.58%), Sugar: 4.44g (4.93%), Cholesterol: 28.35mg (9.45%), Sodium: 647.77mg (28.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.87g (23.74%), Vitamin C: 50.07mg (60.69%), Vitamin K: 51.34µg (48.89%), Calcium: 390.65mg (39.07%), Vitamin B12: 1.57µg (26.25%), Vitamin B2: 0.42mg (24.96%),

Vitamin E: 3.74mg (24.9%), Vitamin B3: 4.32mg (21.61%), Vitamin A: 1035.13IU (20.7%), Vitamin B6: 0.39mg (19.68%), Folate: 77.77µg (19.44%), Selenium: 12.38µg (17.69%), Phosphorus: 171.74mg (17.17%), Zinc: 1.6mg (10.66%), Vitamin D: 1.59µg (10.57%), Potassium: 358.92mg (10.25%), Copper: 0.19mg (9.46%), Vitamin B1: 0.13mg (8.77%), Fiber: 2.19g (8.75%), Manganese: 0.15mg (7.29%), Iron: 1.11mg (6.15%), Magnesium: 21.49mg (5.37%), Vitamin B5: 0.41mg (4.09%)