



 **52%**
HEALTH SCORE

Homemade Broccoli Cheddar Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups broccoli raw chopped
- 1 shallots chopped
- 1 juice of lemon juiced
- 3 cups vegetable stock
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 small onion red chopped
- 1 cup yogurt plain

- 3 cups yukon gold potatoes (skin on)
- 1 cup parsley
- 1 bay leaves
- 0.5 cup olive oil
- 1 cup vanilla almond milk plain
- 1.5 cups cheddar cheese shredded

Equipment

- bowl
- mixing bowl
- pot
- blender

Directions

- In your soup pot, saute over med-high heat: 2 Tbsp of your olive oil with the shallot, onion and jalapeno. When cooked lightly, add in lemon juice, veggie broth, remaining oil, salt and pepper. Reduce heat to medium.
- Add Potatoes and bring broth to a boil. Cook until potatoes are tender.
- Add chopped Broccoli (florets and steams). Remember to leave out a few florets for later use though. Cover with lid, when broccoli is tender, turn heat off.
- Transfer contents of pot into a large mixing bowl. Allow to cool slightly.
- Add to the bowl the fresh parsley, Chobani and almond milk. Fold new ingredients into the hot soup mixture.
- In batches, puree the soup in a food-processor (maybe someday soon, a Vitamix!) style blender. Soup should be smooth-no lumps or chunks. In the soup pot, add the broccoli florets, a dash of veggie broth and saute covered for about a minute until tender.
- Add the pureed soup back into the soup pot.
- Add a bay leaf and a few pinches of chopped basil (optional). Simmer uncovered for at least twenty minutes to cook out all the air bubbles. Stir constantly for the first few minutes.
- Remove the bay leaf before serving or storing.

Nutrition Facts

PROTEIN 16.89% FAT 40.97% CARBS 42.14%

Properties

Glycemic Index:81.94, Glycemic Load:27.83, Inflammation Score:-10, Nutrition Score:36.087826086957%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg, Apigenin: 32.35mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 15.62mg, Kaempferol: 15.62mg, Kaempferol: 15.62mg, Kaempferol: 15.62mg Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg Quercetin: 12.63mg, Quercetin: 12.63mg, Quercetin: 12.63mg, Quercetin: 12.63mg

Nutrients (% of daily need)

Calories: 495.9kcal (24.8%), Fat: 23.55g (36.23%), Saturated Fat: 10.45g (65.34%), Carbohydrates: 54.5g (18.17%), Net Carbohydrates: 44.52g (16.19%), Sugar: 10.91g (12.12%), Cholesterol: 50.34mg (16.78%), Sodium: 1752.19mg (76.18%), Protein: 21.84g (43.69%), Vitamin K: 434.26µg (413.58%), Vitamin C: 217.65mg (263.82%), Vitamin A: 3229.81IU (64.6%), Calcium: 585.34mg (58.53%), Phosphorus: 491.41mg (49.14%), Vitamin B6: 0.95mg (47.68%), Folate: 184.24µg (46.06%), Potassium: 1589.55mg (45.42%), Fiber: 9.99g (39.94%), Manganese: 0.79mg (39.69%), Vitamin B2: 0.56mg (33.06%), Magnesium: 109.48mg (27.37%), Selenium: 18.53µg (26.48%), Zinc: 3.4mg (22.65%), Vitamin B1: 0.33mg (21.91%), Iron: 3.93mg (21.84%), Vitamin B5: 2.08mg (20.76%), Vitamin E: 2.66mg (17.73%), Copper: 0.34mg (17.22%), Vitamin B3: 3.32mg (16.58%), Vitamin B12: 0.68µg (11.26%), Vitamin D: 0.32µg (2.1%)