



## Light Coconut Cream Broccoli and Barley Soup

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



254 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.8 cup barley
- ☐ 7 cups broccoli florets and stalks chopped
- ☐ 14 ounce coconut milk reduced-fat canned
- ☐ 2 celery stalks chopped
- ☐ 5 cloves garlic divided cut into slivers and
- ☐ 2 dashes ground nutmeg
- ☐ 2 tablespoons ground pepper fresh black

- ☐ 1 cup milk 2%
- ☐ 1 onion chopped
- ☐ 1 tablespoon pepper flakes red
- ☐ 1 tablespoon sea salt
- ☐ 2 tablespoons butter unsalted
- ☐ 3.3 cups vegetable stock low-sodium
- ☐ 3 cups water

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ kitchen towels

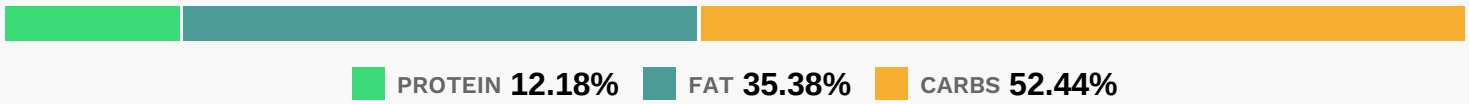
## Directions

- ☐ Bring the barley and water to a boil in a saucepan over high heat. Cover, reduce heat to low, and simmer until the barley is tender, about 30 minutes.
- ☐ Drain and set aside.
- ☐ Melt the butter in a large pot over medium heat. Stir the onion and celery into the melted butter, place a cover on the pot, and cook until tender, about 5 minutes.
- ☐ Add about half the garlic. Season with the black pepper, red pepper flakes, sea salt, and nutmeg. Return the cover to the pot and cook another 5 minutes.
- ☐ Stir the broccoli, vegetable stock, and remaining garlic into the mixture and bring to a boil. Return the cover to the pot, reduce heat to medium, and cook another 15 minutes, stirring once.
- ☐ Remove the pot from heat.
- ☐ Pour the soup into a blender, filling the pitcher no more than halfway. Hold the blender lid with a folded kitchen towel and carefully start the blender, using a few quick pulses to get the

soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can puree the soup with a stick blender directly in the pot.

- ☐
- Return the soup to medium-low heat. Stir the coconut milk, 2% milk, and barley into the pureed soup; cover and cook until hot, 5 to 8 minutes. Ladle into bowls and top with Asiago cheese and parsley to serve.

## Nutrition Facts



## Properties

Glycemic Index:50.67, Glycemic Load:7.69, Inflammation Score:-9, Nutrition Score:23.412608725869%

## Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 8.45mg, Kaempferol: 8.45mg, Kaempferol: 8.45mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

## Nutrients (% of daily need)

Calories: 253.9kcal (12.7%), Fat: 10.3g (15.85%), Saturated Fat: 7.69g (48.04%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 26.19g (9.53%), Sugar: 6.09g (6.76%), Cholesterol: 13.18mg (4.39%), Sodium: 1814.28mg (78.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Vitamin C: 96.98mg (117.55%), Vitamin K: 114.39µg (108.94%), Manganese: 1.03mg (51.64%), Fiber: 8.16g (32.66%), Vitamin A: 1507.54IU (30.15%), Folate: 78.37µg (19.59%), Selenium: 13.19µg (18.84%), Phosphorus: 185.43mg (18.54%), Vitamin B6: 0.36mg (18.11%), Vitamin B1: 0.26mg (17.33%), Vitamin B2: 0.29mg (16.99%), Potassium: 589.88mg (16.85%), Magnesium: 67.14mg (16.78%), Calcium: 133.23mg (13.32%), Copper: 0.25mg (12.4%), Iron: 2.14mg (11.89%), Vitamin E: 1.62mg (10.79%), Vitamin B3: 2mg (10%), Zinc: 1.43mg (9.54%), Vitamin B5: 0.9mg (8.99%), Vitamin B12: 0.22µg (3.61%)