



## Low Carb Broccoli Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



72 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 pounds broccoli chopped
- 2 cloves garlic minced
- 0.1 teaspoon ground pepper black
- 0.3 cup juice of lemon freshly squeezed
- 1 tablespoon olive oil extra-virgin
- 1 large onion finely chopped
- 0.3 teaspoon salt
- 5 cups vegetable broth

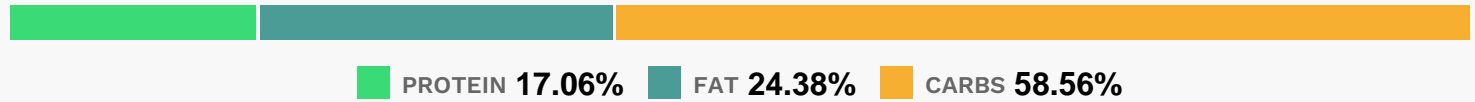
# Equipment

- pot
- immersion blender

# Directions

- Heat oil in a large pot over medium heat; once the oil is hot, reduce heat to low. Cook and stir onion and garlic in hot oil until softened, 3 to 5 minutes.
- Add broccoli, season with salt and pepper, and stir.
- Pour vegetable broth and lemon juice into the pot.
- Loosely cover the pot and simmer the mixture until the broccoli is tender, about 25 minutes. Puree with an immersion blender until smooth.
- Garnish with Cheddar cheese to serve.

# Nutrition Facts



# Properties

Glycemic Index:20.75, Glycemic Load:2.77, Inflammation Score:-8, Nutrition Score:15.627391265786%

# Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 9.01mg, Kaempferol: 9.01mg, Kaempferol: 9.01mg, Kaempferol: 9.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg, Quercetin: 7.54mg

# Nutrients (% of daily need)

Calories: 71.74kcal (3.59%), Fat: 2.21g (3.4%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 8.64g (3.14%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 698.59mg (30.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin C: 105.72mg (128.15%), Vitamin K: 116.86µg (111.29%), Vitamin A: 1020.38IU (20.41%), Folate: 76.56µg (19.14%), Manganese: 0.28mg (14%), Fiber: 3.31g (13.25%), Vitamin B6: 0.23mg (11.69%), Potassium: 397.02mg (11.34%), Vitamin B2: 0.14mg (8.22%), Phosphorus: 82.09mg (8.21%), Vitamin E: 1.15mg (7.68%), Vitamin B5: 0.69mg (6.88%), Magnesium: 26.39mg (6.6%), Vitamin B1: 0.09mg

(6.17%), Calcium: 59.63mg (5.96%), Iron: 0.9mg (5%), Selenium: 3.04µg (4.35%), Vitamin B3: 0.76mg (3.79%), Zinc: 0.51mg (3.4%), Copper: 0.07mg (3.34%)