



Low Fat Full Flavor Cream of Broccoli Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 heads broccoli fresh chopped
- 1 tablespoon butter
- 32 ounce chicken broth low-sodium
- 12 fluid ounce evaporated milk fat-free canned
- 0.3 teaspoon ground coriander
- 0.5 teaspoon pepper fresh black
- 4 leek chopped
- 0.3 teaspoon salt

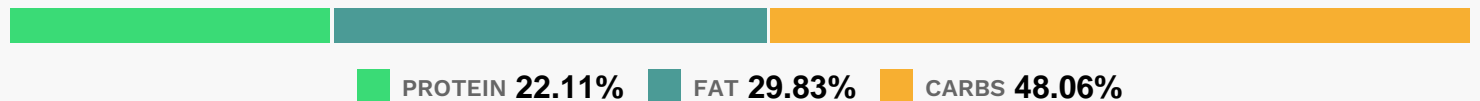
Equipment

- pot
- blender
- kitchen towels

Directions

- Melt butter in a large pot, and cook the leeks over medium heat until soft and translucent, about 5 minutes. Stir in salt, pepper, and coriander. Reserve about 1/4 cup of small broccoli florets, and cook the rest of the broccoli with the leeks until the broccoli is bright green, about 5 more minutes.
- Pour in the chicken stock, bring the soup to a boil, cover, then simmer until the broccoli is very tender, 10 to 15 minutes.
- Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender 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 use a stick blender and puree the soup right in the cooking pot.
- Return the blended soup to the pot, stir in the reserved broccoli florets, and bring to a simmer over medium-low heat, stirring often. Simmer until the broccoli florets are tender, 5 to 7 minutes.
- Remove from heat, and mix in the condensed milk.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:7.49, Inflammation Score:-10, Nutrition Score:37.376956351425%

Flavonoids

Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Kaempferol: 26.21mg, Kaempferol: 26.21mg, Kaempferol: 26.21mg, Kaempferol: 26.21mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin:

0.38mg Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg, Quercetin: 9.99mg

Nutrients (% of daily need)

Calories: 339.79kcal (16.99%), Fat: 12.33g (18.97%), Saturated Fat: 6.66g (41.65%), Carbohydrates: 44.68g (14.89%), Net Carbohydrates: 35.06g (12.75%), Sugar: 17.84g (19.83%), Cholesterol: 33.25mg (11.08%), Sodium: 448.13mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.56g (41.11%), Vitamin C: 283.56mg (343.71%), Vitamin K: 353.1µg (336.28%), Vitamin A: 3678.4IU (73.57%), Folate: 255.72µg (63.93%), Manganese: 1.11mg (55.32%), Phosphorus: 481.66mg (48.17%), Potassium: 1590.45mg (45.44%), Calcium: 438.92mg (43.89%), Vitamin B2: 0.73mg (43.1%), Vitamin B6: 0.81mg (40.36%), Fiber: 9.62g (38.49%), Magnesium: 113.23mg (28.31%), Vitamin B3: 5.58mg (27.92%), Iron: 4.78mg (26.55%), Vitamin B5: 2.44mg (24.4%), Vitamin E: 3.42mg (22.77%), Vitamin B1: 0.31mg (20.78%), Copper: 0.39mg (19.51%), Zinc: 2.28mg (15.17%), Selenium: 10.61µg (15.16%), Vitamin B12: 0.37µg (6.24%)