



## No-Cream Creamy Broccoli Soup

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



173 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4.5 cups broccoli florets
- 2 carrots chopped
- 2 stalks celery chopped
- 28 oz chicken broth fat-free reduced-sodium canned
- 2 cups milk
- 3 Tbsp oil
- 1 onion chopped
- 0.3 cup parmesan cheese grated kraft

- 0.5 tsp pepper
- 0.5 cup rice long-grain white uncooked

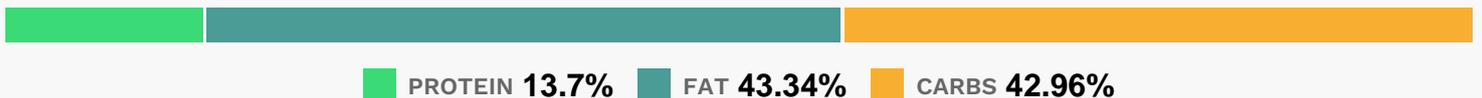
## Equipment

- food processor
- sauce pan
- blender

## Directions

- Cook and stir carrots, celery and onions in hot oil in large saucepan on medium-high heat 5 min.
- Add broth and pepper; stir. Bring to boil.
- Stir in broccoli and rice; simmer on medium-low heat 15 to 20 min. or until vegetables and rice are tender, stirring occasionally.
- Add soup, in batches, to blender or food processor; blend until pured. Return each batch to saucepan.
- Add milk and cheese; cook 3 to 5 min. or until heated through, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:33.63, Glycemic Load:8.14, Inflammation Score:-9, Nutrition Score:15.413478353749%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg, Kaempferol: 4.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

## Nutrients (% of daily need)

Calories: 173.21kcal (8.66%), Fat: 8.58g (13.2%), Saturated Fat: 2.1g (13.13%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 16.81g (6.11%), Sugar: 5.41g (6.01%), Cholesterol: 10.04mg (3.35%), Sodium: 520.26mg (22.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.21%), Vitamin A: 3038.27IU (60.77%), Vitamin K: 61.4µg (58.48%), Vitamin C: 47.89mg (58.04%), Manganese: 0.32mg (15.75%), Phosphorus: 151.34mg (15.13%), Calcium: 146.67mg (14.67%), Vitamin B2: 0.2mg (11.76%), Potassium: 398.6mg (11.39%), Folate: 43.48µg (10.87%), Selenium: 7.59µg (10.84%), Vitamin B6: 0.21mg (10.37%), Vitamin E: 1.51mg (10.06%), Vitamin B12: 0.57µg (9.5%), Fiber: 2.33g (9.33%), Vitamin B5: 0.85mg (8.52%), Vitamin B1: 0.1mg (7%), Magnesium: 27.56mg (6.89%), Vitamin B3: 1.33mg (6.66%), Zinc: 0.82mg (5.44%), Vitamin D: 0.69µg (4.58%), Copper: 0.09mg (4.43%), Iron: 0.73mg (4.03%)