



## Potato-and-Broccoli Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups broccoli diced thick peeled cut into small florets ( 1 quart)
- ☐ 2 tablespoons butter
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 onion chopped
- ☐ 0.5 cup parmesan grated
- ☐ 1.5 pounds potatoes boiling peeled cut into 1/2-inch cubes ( 5)

- ☐ 1.8 teaspoons salt
- ☐ 3 cups water

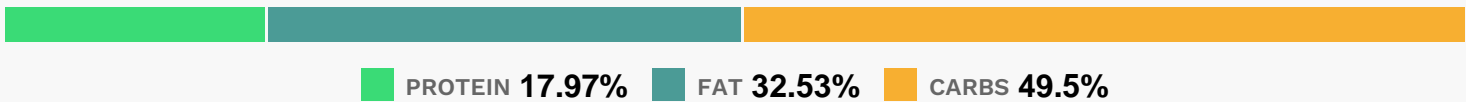
## Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

## Directions

- ☐ In a large pot, melt the butter over moderately low heat.
- ☐ Add the onion; cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the garlic, broccoli stems, potatoes, broth, water, salt, and pepper. Bring to a boil. Reduce the heat and simmer until the vegetables are almost tender, about 10 minutes.
- ☐ In a food processor or blender, pulse the soup to a coarse puree. Return the soup to the pot and bring to a simmer.
- ☐ Add the broccoli florets and simmer until they are tender, about 5 minutes. Stir 1/4 cup of the grated Parmesan into the soup, and serve the soup topped with the remaining cheese.
- ☐ Variation: If you'd prefer a completely smooth soup, add the broccoli florets to the pot after the potatoes have cooked for five minutes, and continue simmering until all of the vegetables are tender, about five minutes more. Puree the soup until smooth. This would also make a great first course for six people.
- ☐ Wine Recommendation: Pinot grigio is the all-purpose Italian white. Its full body matches the creaminess of this soup, while its high acidity offers contrast. The relatively neutral taste of the wine allows the soup's subtle flavors to come through. No wonder pinot grigio is so popular.

## Nutrition Facts



## Properties

Glycemic Index:49.5, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:18.116956385581%

## Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 275.09kcal (13.75%), Fat: 10.41g (16.01%), Saturated Fat: 6.09g (38.06%), Carbohydrates: 35.64g (11.88%), Net Carbohydrates: 31.08g (11.3%), Sugar: 4.46g (4.95%), Cholesterol: 23.55mg (7.85%), Sodium: 1371.15mg (59.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.87%), Vitamin C: 56.38mg (68.34%), Vitamin K: 50.86µg (48.43%), Potassium: 1126.42mg (32.18%), Phosphorus: 284.8mg (28.48%), Vitamin B3: 4.74mg (23.71%), Vitamin B6: 0.45mg (22.37%), Calcium: 210mg (21%), Manganese: 0.41mg (20.69%), Copper: 0.39mg (19.49%), Fiber: 4.57g (18.27%), Folate: 64.71µg (16.18%), Magnesium: 59.21mg (14.8%), Vitamin B1: 0.19mg (12.67%), Vitamin B2: 0.21mg (12.38%), Iron: 2.14mg (11.9%), Vitamin A: 559.95IU (11.2%), Zinc: 1.35mg (9.03%), Vitamin B5: 0.84mg (8.36%), Selenium: 5.19µg (7.42%), Vitamin B12: 0.34µg (5.65%), Vitamin E: 0.56mg (3.72%)