



Potato, Broccoli and Cheese Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups broccoli fresh cooked drained
- 4 cubes chicken bouillon
- 2 tablespoons butter
- 2 cups onion chopped
- 2.5 pounds potatoes cubed peeled
- 8 servings salt and pepper to taste
- 3 cups cheddar cheese shredded
- 5 cups water boiling

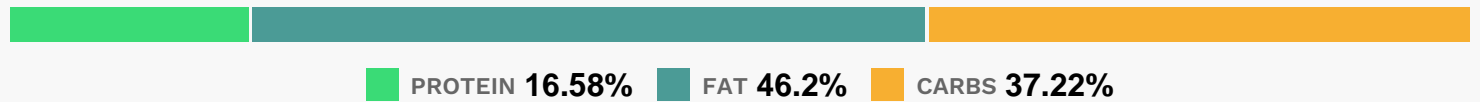
Equipment

- food processor
- pot
- blender

Directions

- In a large stock pot saute onion in butter.
- Add potatoes, water and bouillon cubes. Cover, bring to boil and then reduce heat to medium and cook until potatoes are tender, about 15 minutes.
- Remove tough outer skin of broccoli stems and cook broccoli. Once cooked add to soup.
- In a blender or food processor puree half of the soup and return to stock pot. Season with salt and pepper.
- Add cheese and heat soup through until cheese is melted.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:21.22, Glycemic Load:19.66, Inflammation Score:-8, Nutrition Score:18.136086940765%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg, Quercetin: 10.19mg

Nutrients (% of daily need)

Calories: 334.44kcal (16.72%), Fat: 17.52g (26.95%), Saturated Fat: 8.81g (55.08%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 27.1g (9.85%), Sugar: 3.5g (3.89%), Cholesterol: 42.38mg (14.13%), Sodium: 534.32mg (23.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.28%), Vitamin C: 60.33mg (73.12%), Vitamin K: 37.53µg (35.74%), Calcium: 346.95mg (34.69%), Phosphorus: 309.07mg (30.91%), Vitamin B6: 0.55mg (27.67%), Potassium: 793.61mg (22.67%), Selenium: 13.45µg (19.21%), Fiber: 4.66g (18.63%), Manganese: 0.34mg (17.13%),

Vitamin B2: 0.28mg (16.65%), Vitamin A: 759.02IU (15.18%), Folate: 60.01µg (15%), Zinc: 2.18mg (14.57%),
Magnesium: 56.57mg (14.14%), Vitamin B1: 0.17mg (11.19%), Copper: 0.22mg (11.13%), Vitamin B3: 1.77mg (8.87%),
Vitamin B5: 0.84mg (8.36%), Iron: 1.5mg (8.33%), Vitamin B12: 0.45µg (7.54%), Vitamin E: 0.71mg (4.71%), Vitamin D:
0.25µg (1.69%)