



Ridiculously Easy Cream of Broccoli Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



103 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.3 pound broccoli
- 2 cloves garlic peeled
- 1 large onion chopped
- 0.3 cup cashew pieces raw
- 6 servings pepper black to taste
- 4 cups vegetable stock (I used Imagine's No-Chicken)
- 1 large yukon gold potatoes diced cooked peeled

Equipment

sauce pan

blender

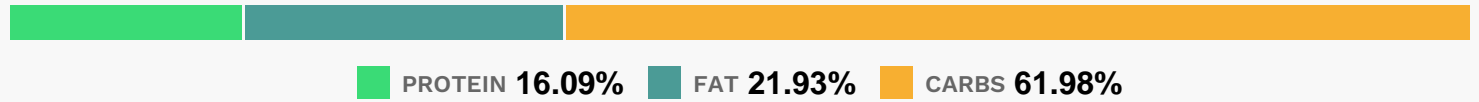
Directions

Place the broccoli, onion, garlic, and vegetable broth in a saucepan. Bring the broth to a boil, cover, and reduce heat. Simmer until broccoli is tender, about 8 minutes. Put half of the broccoli and broth into a blender with half of the potato and cashews. Blend at high powder until smooth.

Pour into another saucepan, and repeat with the rest of the broccoli, potato, and cashews.

Heat the soup, covered, on low for 10 minutes or so. Check seasonings and add salt, freshly ground black pepper, and a pinch of red pepper to taste.

Nutrition Facts



Properties

Glycemic Index:45.83, Glycemic Load:6.73, Inflammation Score:-8, Nutrition Score:16.786521683569%

Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 7.8mg, Kaempferol: 7.8mg, Kaempferol: 7.8mg, Kaempferol: 7.8mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 103.24kcal (5.16%), Fat: 2.77g (4.25%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 13.85g (5.04%), Sugar: 4.55g (5.05%), Cholesterol: 0mg (0%), Sodium: 661.39mg (28.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.13%), Vitamin C: 92.06mg (111.59%), Vitamin K: 99.04µg (94.32%), Manganese: 0.39mg (19.62%), Vitamin A: 924.13IU (18.48%), Folate: 70.21µg (17.55%), Vitamin B6: 0.31mg (15.7%), Fiber: 3.73g (14.92%), Potassium: 495.21mg (14.15%), Phosphorus: 119.33mg (11.93%), Magnesium: 44.98mg (11.24%), Copper: 0.21mg (10.45%), Vitamin B1: 0.13mg (8.41%), Vitamin B2: 0.13mg (7.69%), Iron: 1.35mg (7.49%), Vitamin B5: 0.71mg (7.1%), Calcium: 57.81mg (5.78%), Zinc: 0.84mg (5.57%), Selenium: 3.79µg (5.41%), Vitamin E: 0.8mg (5.3%), Vitamin B3: 1mg (4.98%)