



Roasted Broccoli and Cheddar Soup



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large bunch broccoli cut into florets
- ☐ 1.5 cups aged cheddar shredded
- ☐ 3 cups chicken stock see
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon grainy mustard
- ☐ 1 cup milk
- ☐ 1 tablespoon oil
- ☐ 1 medium onion diced

- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon thyme leaves chopped

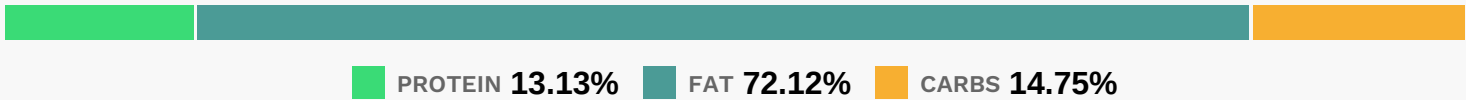
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Toss the broccoli florets in the oil along with the salt and pepper, arrange them in a single layer on a large baking sheet and roast in a preheated 400F oven until lightly golden brown, about 20–30 minutes.
- ☐ Heat the oil in a large sauce pan over medium heat, add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and thyme and saute until fragrant, about a minute.
- ☐ Add the broth and broccoli, bring to a boil, reduce the heat and simmer, covered, for 20 minutes.
- ☐ Mix in the milk, cheese and mustard, let the cheese melt and season with salt and pepper to taste.Puree the soup with a hand blender or in a food processor or blender and enjoy!

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:4, Inflammation Score:-10, Nutrition Score:25.941304476365%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 12.1mg, Kaempferol: 12.1mg, Kaempferol: 12.1mg, Kaempferol: 12.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 10.56mg, Quercetin: 10.56mg, Quercetin: 10.56mg, Quercetin: 10.56mg

Nutrients (% of daily need)

Calories: 482.65kcal (24.13%), Fat: 40.12g (61.72%), Saturated Fat: 22.28g (139.23%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 13.78g (5.01%), Sugar: 7.19g (7.99%), Cholesterol: 109.61mg (36.54%), Sodium: 1284.8mg (55.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.43g (32.87%), Vitamin C: 139.26mg (168.8%), Vitamin K: 160.65µg (153%), Vitamin A: 2648.72IU (52.97%), Calcium: 423.85mg (42.38%), Phosphorus: 343.76mg (34.38%), Vitamin B2: 0.49mg (28.85%), Folate: 112.8µg (28.2%), Selenium: 19.2µg (27.43%), Manganese: 0.41mg (20.47%), Fiber: 4.68g (18.73%), Vitamin B6: 0.37mg (18.6%), Vitamin E: 2.68mg (17.89%), Potassium: 624.35mg (17.84%), Zinc: 2.42mg (16.13%), Magnesium: 53.26mg (13.31%), Vitamin B5: 1.25mg (12.54%), Vitamin B1: 0.16mg (10.34%), Vitamin B12: 0.54µg (9.07%), Iron: 1.47mg (8.16%), Vitamin D: 1.21µg (8.04%), Copper: 0.12mg (5.8%), Vitamin B3: 1.1mg (5.52%)