

Slow Cooker Cream of Broccoli Soup

 Gluten Free

READY IN



195 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup processed cheese food shredded
- 20 ounce broccoli frozen thawed chopped
- 10.8 ounce cream of mushroom soup canned
- 21.5 ounce cream of celery soup canned
- 21.5 ounce milk canned
- 1 small onion chopped
- 1 tablespoon vegetable oil

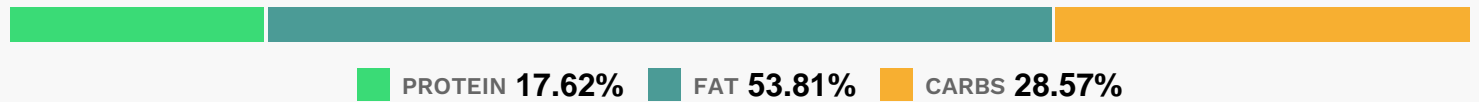
Equipment

- pot
- slow cooker

Directions

- Heat vegetable oil in a large pot over medium heat; cook the onion in the hot oil until soft, 5 to 7 minutes.
- Drain as much liquid from the onion as possible.
- Transfer the drained onion to a slow cooker.
- Place the broccoli, cream of celery soup, cream of mushroom soup, American cheese, and milk into the slow cooker.
- Cook on Low until the broccoli is tender and the flavors meld, 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:3.5, Inflammation Score:-8, Nutrition Score:24.71434788082%

Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 7.48mg, Kaempferol: 7.48mg, Kaempferol: 7.48mg, Kaempferol: 7.48mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 308.48kcal (15.42%), Fat: 19.05g (29.3%), Saturated Fat: 8.31g (51.93%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 19.39g (7.05%), Sugar: 8.89g (9.87%), Cholesterol: 49.24mg (16.41%), Sodium: 1344.46mg (58.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.03g (28.07%), Vitamin K: 118.99µg (113.32%), Vitamin C: 85.36mg (103.47%), Calcium: 450.42mg (45.04%), Phosphorus: 363.13mg (36.31%), Manganese: 0.58mg (29.13%), Vitamin A: 1260.5IU (25.21%), Vitamin B2: 0.38mg (22.27%), Vitamin B5: 2.06mg (20.6%), Potassium: 662.38mg (18.93%), Folate: 69.2µg (17.3%), Vitamin E: 2.57mg (17.16%), Vitamin B12: 1.02µg (17.01%), Selenium: 10.89µg (15.56%), Vitamin B6: 0.28mg (14.22%), Copper: 0.28mg (13.95%), Zinc: 2.09mg (13.9%), Fiber: 3.37g (13.47%), Magnesium: 47.9mg (11.98%), Vitamin B1: 0.17mg (11.09%), Iron: 1.73mg (9.58%), Vitamin D: 1.26µg (8.38%), Vitamin B3: 1.47mg (7.34%)