



Slow Cooker Potato Broccoli Soup

 Vegetarian  Very Healthy

READY IN



295 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 head broccoli diced
- 0.3 cup breadcrumbs dry
- 2 tablespoons chives fresh minced
- 2 tablespoons garlic powder
- 7 cups milk
- 1 onion minced
- 2 cups potatoes instant
- 2 potatoes diced peeled

Equipment

slow cooker

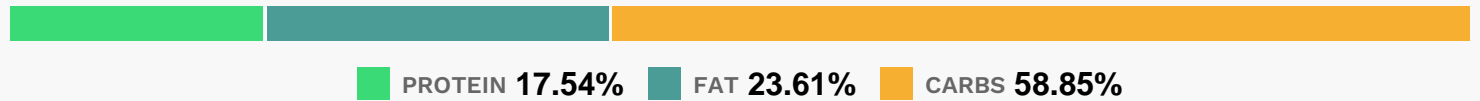
Directions

Combine the cubed potatoes, diced potatoes, broccoli, onion, milk, garlic powder, and chives in a slow cooker; cover, and cook on High for 4 hours.

Stir the instant potato flakes and bread crumbs into the soup. Reduce heat to Low and simmer another 30 minutes.

Serve hot.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:15.91, Inflammation Score:-9, Nutrition Score:30.419130242389%

Flavonoids

Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 8.73mg, Kaempferol: 8.73mg, Kaempferol: 8.73mg, Kaempferol: 8.73mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 364.96kcal (18.25%), Fat: 9.91g (15.25%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 49.3g (17.93%), Sugar: 17.78g (19.76%), Cholesterol: 34.16mg (11.39%), Sodium: 201.98mg (8.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.57g (33.15%), Vitamin C: 122.55mg (148.54%), Vitamin K: 109.81µg (104.58%), Phosphorus: 450.42mg (45.04%), Calcium: 427.17mg (42.72%), Vitamin B6: 0.78mg (39.15%), Potassium: 1336.08mg (38.17%), Vitamin B1: 0.55mg (36.67%), Vitamin B2: 0.58mg (34.36%), Vitamin B12: 1.55µg (25.88%), Fiber: 6.3g (25.18%), Folate: 95µg (23.75%), Vitamin B5: 2.34mg (23.39%), Manganese: 0.46mg (22.99%), Magnesium: 91.21mg (22.8%), Vitamin A: 1139.98IU (22.8%), Vitamin D: 3.13µg (20.88%), Selenium: 12.71µg (18.15%), Vitamin B3: 3.3mg (16.48%), Zinc: 2.11mg (14.07%), Iron: 1.96mg (10.88%), Copper: 0.2mg (9.79%), Vitamin E: 0.97mg (6.49%)