



Slow-Cooker Three Cheese Broccoli Soup

READY IN



255 min.

SERVINGS



8

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup flour all-purpose
- ☐ 12 oz evaporated milk canned
- ☐ 32 oz chicken broth (4 cups)
- ☐ 16 oz broccoli florets frozen thawed
- ☐ 8 oz cheese cubed (from 16-oz box)

- ☐ 6 oz cheddar cheese shredded extra-sharp
- ☐ 4 oz parmesan shredded
- ☐ 1 serving sharp cheddar cheese shredded extra-sharp

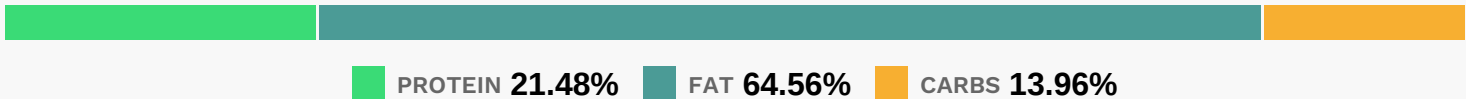
Equipment

- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ Spray 4-quart slow cooker with cooking spray. In 2-quart saucepan, melt butter over medium-high heat.
- ☐ Add onions, pepper and salt; cook 3 to 4 minutes, stirring occasionally, until tender. Stir in flour. Cook 1 minute, stirring constantly. Gradually stir in evaporated milk until smooth.
- ☐ Pour mixture into slow cooker. Stir in broth and thawed broccoli.
- ☐ Cover; cook on Low heat setting 4 to 4 1/2 hours or until hot but not simmering.
- ☐ Add cheese cubes to slow cooker; stir until melted.
- ☐ Add 1 1/2 cups cheddar cheese and the Parmesan cheese; stir until melted.
- ☐ Sprinkle individual servings with additional cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:3.79, Inflammation Score:-8, Nutrition Score:20.87434786299%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg, Kaempferol: 4.58mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 430.16kcal (21.51%), Fat: 31.28g (48.13%), Saturated Fat: 18.27g (114.16%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 13.27g (4.83%), Sugar: 6.87g (7.64%), Cholesterol: 92.85mg (30.95%), Sodium: 1179.75mg (51.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.42g (46.84%), Calcium: 694.76mg (69.48%), Vitamin C: 52.86mg (64.08%), Vitamin K: 60.4µg (57.53%), Phosphorus: 482.97mg (48.3%), Vitamin B2: 0.58mg (33.96%), Selenium: 22.64µg (32.34%), Vitamin A: 1280.88IU (25.62%), Zinc: 3.06mg (20.38%), Folate: 62.5µg (15.63%), Vitamin B12: 0.84µg (13.98%), Manganese: 0.25mg (12.53%), Potassium: 419.32mg (11.98%), Magnesium: 47.11mg (11.78%), Vitamin B6: 0.2mg (9.82%), Vitamin B1: 0.15mg (9.69%), Vitamin B5: 0.94mg (9.42%), Fiber: 1.95g (7.81%), Vitamin E: 1.16mg (7.73%), Iron: 1.01mg (5.63%), Vitamin B3: 1.02mg (5.09%), Copper: 0.09mg (4.44%), Vitamin D: 0.43µg (2.89%)