



Slow-Cooker Three Cheese Broccoli Soup

READY IN



255 min.

SERVINGS



8

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz broccoli florets frozen thawed
- ☐ 0.3 cup butter
- ☐ 8 servings sharp cheddar cheese shredded extra-sharp
- ☐ 1 loaf cheese (8 oz. box)
- ☐ 32 oz chicken broth (4 cups)
- ☐ 12 oz evaporated milk canned
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup onion chopped
- ☐ 4 oz parmesan shredded

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 6 oz cheddar cheese shredded extra-sharp

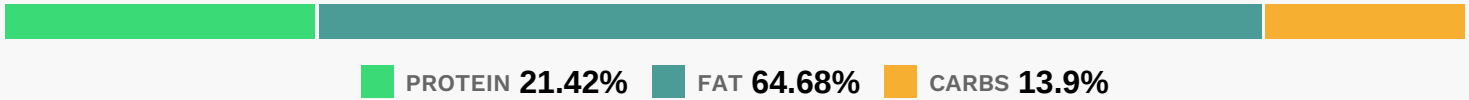
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Spray 4-quart slow cooker with cooking spray. In 12-inch skillet, melt butter over medium-high heat. Cook onion in butter 4 minutes, stirring occasionally, until tender. Stir in flour. Cook 1 minute, stirring constantly. Gradually stir in milk until smooth.
- ☐ Pour mixture into slow cooker. Stir in broth, broccoli, pepper and salt.
- ☐ Cover; cook on Low heat setting 4 hours or until bubbly.
- ☐ 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:34.25, Glycemic Load:3.69, Inflammation Score:-8, Nutrition Score:19.677826135055%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg, Kaempferol: 4.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 419.84kcal (20.99%), Fat: 30.54g (46.99%), Saturated Fat: 15.42g (96.36%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 13g (4.73%), Sugar: 6.74g (7.49%), Cholesterol: 75.63mg (25.21%), Sodium: 1185.77mg

(51.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.76g (45.52%), Calcium: 677.89mg (67.79%), Vitamin C: 46.56mg (56.43%), Vitamin K: 52.63µg (50.12%), Phosphorus: 469.18mg (46.92%), Vitamin B2: 0.56mg (32.97%), Selenium: 21.83µg (31.19%), Vitamin A: 1293.41IU (25.87%), Zinc: 2.95mg (19.66%), Folate: 57.48µg (14.37%), Vitamin B12: 0.81µg (13.54%), Manganese: 0.24mg (11.77%), Potassium: 396.68mg (11.33%), Magnesium: 45.16mg (11.29%), Vitamin B1: 0.14mg (9.34%), Vitamin B6: 0.18mg (9.16%), Vitamin B5: 0.89mg (8.92%), Vitamin E: 1.14mg (7.63%), Fiber: 1.77g (7.07%), Iron: 0.96mg (5.32%), Vitamin B3: 0.97mg (4.85%), Copper: 0.08mg (4.24%), Vitamin D: 0.42µg (2.81%)