



Smooth Broccoli Vitamix® Soup

 Vegetarian  Gluten Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



191 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 head broccoli cut into florets
- 1 cup chicken broth
- 0.1 teaspoon ground ginger
- 0.1 teaspoon ground pepper black
- 0.1 teaspoon ground thyme
- 1 cup milk
- 1.5 teaspoons olive oil
- 0.5 small onion diced

- 2 potatoes diced
- 0.1 teaspoon sea salt

Equipment

- frying pan
- blender
- microwave

Directions

- Heat olive oil in a skillet over medium heat; saute onion until translucent, 5 to 10 minutes.
- Spread potatoes and broccoli onto a microwave-safe plate. Cook in microwave until tender, 4 to 5 minutes.
- Place onion, potatoes, broccoli, milk, chicken broth, pepper, salt, ginger, and thyme in the Vitamix® or blender. Start on variable 1, slowly increase to variable 10, and end on high for 4 to 5 minutes.
- Serve hot.

Nutrition Facts



PROTEIN 17.43% FAT 18.67% CARBS 63.9%

Properties

Glycemic Index:53.19, Glycemic Load:16.86, Inflammation Score:-9, Nutrition Score:23.472173939581%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 12.83mg, Kaempferol: 12.83mg, Kaempferol: 12.83mg, Kaempferol: 12.83mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg, Quercetin: 7.48mg

Nutrients (% of daily need)

Calories: 191.02kcal (9.55%), Fat: 4.25g (6.54%), Saturated Fat: 1.56g (9.73%), Carbohydrates: 32.73g (10.91%), Net Carbohydrates: 26.25g (9.54%), Sugar: 6.98g (7.75%), Cholesterol: 8.49mg (2.83%), Sodium: 370.79mg (16.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.85%), Vitamin C: 157.23mg (190.58%), Vitamin K: 158.82µg (151.26%), Vitamin B6: 0.63mg (31.43%), Potassium: 1045.48mg (29.87%), Folate: 114.57µg (28.64%),

Manganese: 0.55mg (27.72%), Fiber: 6.48g (25.92%), Phosphorus: 227.79mg (22.78%), Vitamin A: 1050.81IU (21.02%), Vitamin B2: 0.33mg (19.62%), Calcium: 164.61mg (16.46%), Magnesium: 65.51mg (16.38%), Vitamin B1: 0.24mg (16.26%), Vitamin B5: 1.43mg (14.31%), Vitamin B3: 2.3mg (11.52%), Iron: 2.07mg (11.48%), Copper: 0.2mg (10.19%), Vitamin E: 1.47mg (9.81%), Zinc: 1.24mg (8.29%), Selenium: 5.6µg (8%), Vitamin B12: 0.34µg (5.69%), Vitamin D: 0.67µg (4.47%)