



Three Cheese, Broccoli and Potato Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups broccoli florets chopped
- ☐ 270 g philadelphia three cheese cooking creme italian
- ☐ 3 cups 5%-less-sodium chicken broth
- ☐ 1 onion chopped
- ☐ 1 potatoes peeled chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup water

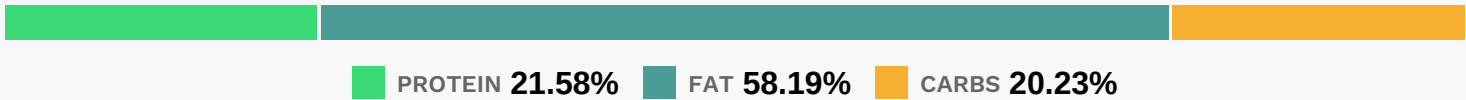
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat oil in large saucepan on medium heat.
- ☐ Add onions; cook 5 minutes or until tender, stirring frequently.
- ☐ Add broccoli, potatoes, broth, water and pepper; stir. Bring to boil; simmer on medium-low heat 15 minutes or until vegetables are tender.
- ☐ Add soup to blender in batches; blend until smooth. Return to pan.
- ☐ Whisk in Cooking Creme; cook and stir 2 to 3 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:6.01, Inflammation Score:-7, Nutrition Score:17.761738911919%

Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 5.16mg, Kaempferol: 5.16mg, Kaempferol: 5.16mg, Kaempferol: 5.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 278.02kcal (13.9%), Fat: 18.55g (28.54%), Saturated Fat: 9.28g (58.03%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 11.82g (4.3%), Sugar: 2.39g (2.65%), Cholesterol: 45mg (15%), Sodium: 354.57mg (15.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.48g (30.97%), Vitamin C: 62.46mg (75.71%), Vitamin K: 68.01µg (64.77%), Calcium: 361.41mg (36.14%), Phosphorus: 307.22mg (30.72%), Selenium: 14.45µg (20.65%), Vitamin B2: 0.32mg (18.9%), Vitamin A: 830.39IU (16.61%), Potassium: 505.17mg (14.43%), Zinc: 2.16mg (14.38%), Folate: 56.85µg (14.21%), Vitamin B6: 0.28mg (13.8%), Vitamin B3: 2.42mg (12.12%), Manganese: 0.22mg (11.02%),

Fiber: 2.69g (10.76%), Vitamin B12: 0.6µg (9.92%), Magnesium: 36.61mg (9.15%), Copper: 0.16mg (7.88%), Vitamin E: 1mg (6.69%), Vitamin B5: 0.66mg (6.62%), Vitamin B1: 0.09mg (6.2%), Iron: 1.09mg (6.04%), Vitamin D: 0.27µg (1.8%)