



Tomato & Broccoli Soup

 Dairy Free

READY IN



15 min.

SERVINGS



7

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz broccoli frozen thawed drained chopped well
- 28 oz chicken broth canned
- 1 cup rice cooked
- 1 garlic & herb dressing mix italian good
- 7 servings saltines
- 1 cup sacramento tomato juice

Equipment

- sauce pan

whisk

Directions

- Mix broth, tomato juice and dressing mix in large saucepan with wire whisk until well blended.
- Add broccoli and rice; mix well.
- Bring to boil on high heat. Reduce heat to medium; simmer 5 min.
- Serve with crackers.

Nutrition Facts

PROTEIN 46.52% **FAT 32.69%** **CARBS 20.79%**

Properties

Glycemic Index:25.33, Glycemic Load:7.78, Inflammation Score:-6, Nutrition Score:14.655652284622%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 271.72kcal (13.59%), Fat: 9.68g (14.89%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 13.86g (4.62%), Net Carbohydrates: 12.43g (4.52%), Sugar: 1.98g (2.2%), Cholesterol: 56.7mg (18.9%), Sodium: 591.91mg (25.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31g (62%), Vitamin C: 42.48mg (51.49%), Vitamin K: 46.37µg (44.16%), Selenium: 23.99µg (34.27%), Phosphorus: 219.45mg (21.95%), Zinc: 3.19mg (21.25%), Vitamin B12: 1.14µg (18.94%), Vitamin B3: 3.5mg (17.52%), Vitamin B6: 0.35mg (17.5%), Manganese: 0.25mg (12.41%), Vitamin A: 611.7IU (12.23%), Iron: 2.18mg (12.13%), Potassium: 395.23mg (11.29%), Vitamin B2: 0.19mg (11.17%), Folate: 39.76µg (9.94%), Magnesium: 37.65mg (9.41%), Copper: 0.12mg (5.92%), Vitamin E: 0.86mg (5.73%), Fiber: 1.43g (5.71%), Vitamin B1: 0.07mg (4.73%), Calcium: 43.49mg (4.35%), Vitamin B5: 0.42mg (4.22%)