



Vegan Broccoli Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



304 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4.5 cups broccoli coarsely chopped
- ☐ 1 teaspoon basil dried
- ☐ 1 onion finely chopped
- ☐ 1 cup cashew pieces raw
- ☐ 1 teaspoon sea salt fine
- ☐ 5 cups vegetable broth divided
- ☐ 2 yukon gold potatoes cut into 1/2-inch cubes

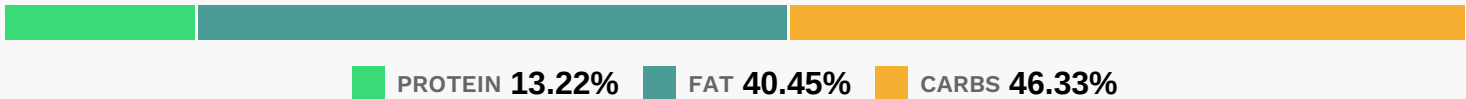
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Blend cashews and 1 cup vegetable broth in a blender until smooth, about 1 minute.
- ☐ Pour the remaining 4 cups vegetable broth into a large pot; add potatoes and onion. Bring to a simmer, cover, and cook for 5 minutes. Stir in broccoli and basil; return to a simmer. Cover and cook until potatoes are tender, about 10 minutes.
- ☐ Stir cashew mixture into soup; add salt and black pepper. Bring to a simmer and immediately remove from heat.
- ☐ Transfer about half the soup to a blender; blend until smooth. Return blended soup to pot and stir well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:61.24, Glycemic Load:16.61, Inflammation Score:-9, Nutrition Score:26.210869561071%

Flavonoids

Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 8.62mg, Kaempferol: 8.62mg, Kaempferol: 8.62mg, Kaempferol: 8.62mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg, Quercetin: 9.4mg

Nutrients (% of daily need)

Calories: 304.04kcal (15.2%), Fat: 14.63g (22.5%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 37.69g (12.56%), Net Carbohydrates: 31.59g (11.49%), Sugar: 7.92g (8.8%), Cholesterol: 0mg (0%), Sodium: 1799.32mg (78.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.52%), Vitamin C: 107.25mg (130%), Vitamin K: 118.19µg (112.56%), Manganese: 0.95mg (47.46%), Copper: 0.87mg (43.31%), Magnesium: 139.27mg (34.82%), Phosphorus: 313.89mg (31.39%), Vitamin B6: 0.6mg (29.76%), Potassium: 932.05mg (26.63%), Vitamin A: 1247.25IU (24.95%), Fiber: 6.1g (24.41%), Folate: 90.05µg (22.51%), Iron: 3.84mg (21.33%), Vitamin B1: 0.29mg (19.18%), Zinc: 2.58mg

(17.23%), Selenium: 9.3µg (13.29%), Vitamin B5: 1.14mg (11.35%), Vitamin B2: 0.17mg (10.14%), Vitamin B3: 1.92mg (9.58%), Calcium: 81.5mg (8.15%), Vitamin E: 1.1mg (7.36%)