



Vegetable Cream Sauce

 **Gluten Free**

READY IN

ready

10 min.

SERVINGS

servings

8

CALORIES

calories

128 kcal

SAUCE

Ingredients

- ☐ 10.8 ounces condensed cream of broccoli soup canned
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 8 servings salt and pepper
- ☐ 1.5 cups sharp cheddar shredded
- ☐ 0.8 cup milk whole

Equipment

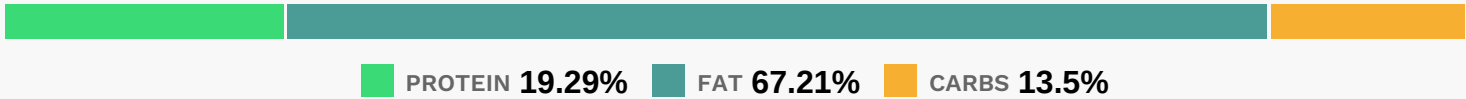
- ☐ sauce pan

☐ whisk

Directions

- ☐ Stir in soup and milk in a heavy medium saucepan over medium heat to blend. Bring to a simmer, and then gradually whisk in cheese; stir until melted. Stir in chives and garlic. Season, to taste, with salt and pepper.
- ☐ Serve over broccoli, asparagus, cauliflower, potatoes, or vegetables of your choice.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:4.9034782026125%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 128.1kcal (6.41%), Fat: 9.64g (14.83%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 4.11g (1.49%), Sugar: 1.7g (1.89%), Cholesterol: 28.12mg (9.37%), Sodium: 537.67mg (23.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.45%), Calcium: 191.27mg (19.13%), Phosphorus: 132.29mg (13.23%), Selenium: 7.15µg (10.21%), Vitamin K: 8.73µg (8.31%), Vitamin B2: 0.14mg (8.29%), Vitamin A: 389.45IU (7.79%), Zinc: 0.92mg (6.16%), Vitamin B12: 0.36µg (6.06%), Vitamin B5: 0.53mg (5.27%), Vitamin E: 0.7mg (4.68%), Manganese: 0.09mg (4.28%), Magnesium: 10.74mg (2.68%), Copper: 0.05mg (2.61%), Potassium: 90.97mg (2.6%), Vitamin D: 0.38µg (2.53%), Vitamin B1: 0.03mg (1.91%), Vitamin B6: 0.04mg (1.79%), Folate: 6µg (1.5%), Iron: 0.24mg (1.34%), Fiber: 0.25g (1.01%)