



Very Green Broccoli Soup

READY IN



50 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 pounds broccoli
- ☐ 0.5 cup celery diced
- ☐ 2 teaspoons thyme leaves fresh finely chopped
- ☐ 2 tablespoons garlic minced
- ☐ 1 cup lemon zest if using buttermilk, cut the lemon zest in half
- ☐ 2 teaspoons lemon zest freshly grated
- ☐ 5 cups low-salt chicken broth canned
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 cup onion diced
- ☐ 4 servings gray salt
- ☐ 2 cups pkt spinach packed
- ☐ 1 tablespoon butter unsalted

Equipment

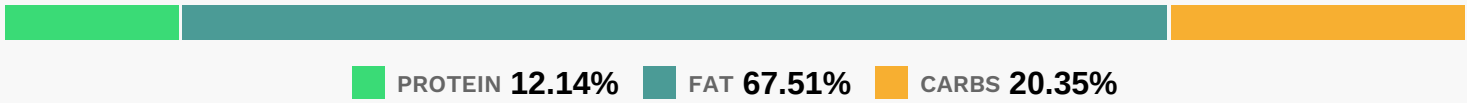
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Cut the broccoli florets from the stems. Peel the tough outer skin from the stems and trim off the fibrous ends.
- ☐ Cut the stems lengthwise into slices about 1/2-inch thick and then crosswise into 1/2-inch pieces.
- ☐ Heat the olive oil and butter in a soup pot over medium-high heat until hot.
- ☐ Add the garlic and cook until light brown.
- ☐ Add the onion and celery, lower the heat to medium, and season with salt and pepper. Cook the vegetables slowly until tender, about 10 minutes. Regulate the heat so the vegetables cook without taking on color.
- ☐ Add the thyme and stir.
- ☐ Add the broccoli stems, stock, and salt and pepper, to taste, and bring to a boil. Cook, uncovered, for about 3 minutes.
- ☐ Add the florets and continue to cook until very tender, about 5 minutes more.
- ☐ Puree the soup in a blender in small batches.
- ☐ Add some of the spinach and some of the lemon zest to each batch and then puree it. (The soup can be made to this point, covered, and refrigerated for up to 1 day or frozen for up to 1 month.)
- ☐ Return the soup to the pan and reheat over gentle heat. Stir in the cream. Taste and adjust the seasoning with salt and pepper. Keep warm.

Chef's Note: When I plan on finishing a dish with the addition of a dairy product, as I do here with cream, I often add a dairy product early in the cooking, too, as I do with the butter in the initial cooking of the vegetables. It melds the flavors.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:3.58, Inflammation Score:-10, Nutrition Score:27.933478127355%

Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg, Luteolin: 2.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 14.59mg, Kaempferol: 14.59mg, Kaempferol: 14.59mg, Kaempferol: 14.59mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 14.38mg, Quercetin: 14.38mg, Quercetin: 14.38mg, Quercetin: 14.38mg

Nutrients (% of daily need)

Calories: 423.22kcal (21.16%), Fat: 33.88g (52.12%), Saturated Fat: 17.21g (107.58%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 16.98g (6.18%), Sugar: 7.03g (7.81%), Cholesterol: 74.76mg (24.92%), Sodium: 379.41mg (16.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Vitamin K: 256.4µg (244.19%), Vitamin C: 163.79mg (198.53%), Vitamin A: 3534.77IU (70.7%), Folate: 151.61µg (37.9%), Manganese: 0.65mg (32.72%), Potassium: 1048.67mg (29.96%), Vitamin B3: 5.41mg (27.07%), Vitamin B2: 0.46mg (26.88%), Phosphorus: 265.55mg (26.56%), Vitamin B6: 0.49mg (24.49%), Fiber: 5.99g (23.96%), Vitamin E: 3.32mg (22.11%), Calcium: 174.22mg (17.42%), Magnesium: 63.07mg (15.77%), Iron: 2.74mg (15.21%), Copper: 0.3mg (15.02%), Vitamin B5: 1.25mg (12.53%), Vitamin B1: 0.17mg (11.65%), Selenium: 7.05µg (10.08%), Zinc: 1.37mg (9.14%), Vitamin D: 1µg (6.7%), Vitamin B12: 0.4µg (6.6%)