



Very Green Broccoli Soup

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



220 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 lb broccoli fresh
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 tablespoon butter unsalted
- 1 tablespoon garlic finely chopped
- 1 cup onion finely chopped
- 0.5 cup celery finely chopped
- 1 serving vodka
- 2 teaspoons thyme sprigs fresh finely chopped

- 5 cups chicken broth (from two 32-oz cartons)
- 2 cups pkt spinach fresh packed
- 2 teaspoons lemon zest freshly grated
- 1 cup whipping cream (if using buttermilk, use 1 teaspoon lemon peel)
- 1 serving pepper freshly ground
- 0.3 cup panko bread crumbs crispy
- 2 tablespoons parsley fresh chopped
- 2 tablespoons pinenuts toasted

Equipment

- bowl
- ladle
- blender
- dutch oven

Directions

- Cut broccoli florets from stems. Peel tough outer skin from stems; trim off fibrous ends.
- Cut stems into 1/2-inch pieces.
- In 4-quart Dutch oven, heat oil and butter over medium-high heat until butter is melted.
- Add garlic; cook, stirring occasionally, until light brown. Stir in onion and celery; season with salt. Reduce heat to medium-low; cook about 10 minutes, stirring occasionally, until vegetables are tender.
- Meanwhile, in small bowl, stir together gremolata ingredients; set aside.
- Stir thyme, broccoli stems and broth into soup.
- Heat to boiling. Cook uncovered over medium heat about 3 minutes. Stir in broccoli florets; cook about 7 minutes, stirring occasionally, until broccoli is very tender. Stir in spinach and lemon peel (spinach will wilt).
- In blender, cover and puree soup in small batches. (At this point, soup can be covered and refrigerated up to 1 day or frozen up to 1 month.) Return soup to Dutch oven; reheat over medium-low heat. Stir in cream; season to taste with additional salt and the pepper.

- Ladle soup into warm individual soup bowls.
- Sprinkle 1 tablespoon gremolata onto each serving. Pass remaining gremolata at table.

Nutrition Facts

■ **PROTEIN 9.3%**
■ **FAT 70.46%**
■ **CARBS 20.24%**

Properties

Glycemic Index:34.63, Glycemic Load:1.7, Inflammation Score:-9, Nutrition Score:19.021739109703%

Flavonoids

Apigenin: 2.35mg, Apigenin: 2.35mg, Apigenin: 2.35mg, Apigenin: 2.35mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 7.31mg, Kaempferol: 7.31mg, Kaempferol: 7.31mg, Kaempferol: 7.31mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 220.12kcal (11.01%), Fat: 18.17g (27.96%), Saturated Fat: 8.51g (53.16%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 8.57g (3.12%), Sugar: 4.16g (4.62%), Cholesterol: 40.32mg (13.44%), Sodium: 607.63mg (26.42%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 5.4g (10.8%), Vitamin K: 145.99µg (139.04%), Vitamin C: 82.93mg (100.52%), Vitamin A: 1854.99IU (37.1%), Manganese: 0.61mg (30.59%), Folate: 80.14µg (20.04%), Vitamin B2: 0.28mg (16.7%), Vitamin E: 1.96mg (13.05%), Fiber: 3.17g (12.7%), Potassium: 443.53mg (12.67%), Vitamin B6: 0.22mg (11.16%), Phosphorus: 110.87mg (11.09%), Magnesium: 38.79mg (9.7%), Vitamin B1: 0.14mg (9.62%), Calcium: 90.26mg (9.03%), Iron: 1.43mg (7.95%), Copper: 0.13mg (6.63%), Vitamin B5: 0.66mg (6.55%), Selenium: 4.46µg (6.37%), Vitamin B3: 1.25mg (6.24%), Zinc: 0.83mg (5.52%), Vitamin D: 0.5µg (3.35%), Vitamin B12: 0.09µg (1.44%)