

Creamy Broccoli Soup

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Servings: 4

1 cup broccoli florets
1 clove garlic
1/4 cup onions, chopped
1/2 cup chicken stock
1/3 cup milk or cream
salt (to taste)
pepper (to taste)
ground thyme (to taste) (optional)
shredded cheese (to top) (optional)

Cook Time:

In a microwaveable bowl, add the broccoli, garlic, onion and chicken stock. Heat until the broccoli is soft.

Add the remaining ingredients.

Using a hand immersion blender, puree the soup to the desired consistency.

Heat in microwave to desired temperature.

Serve.

Per Serving (excluding unknown items): 13 Calories; trace Fat (6.5% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 274mg Sodium. Exchanges: 1/2 Vegetable.

Per Serving Nutritional Analysis

Calories (kcal):	13
% Calories from Fat:	6.5%
% Calories from Carbohydrates:	68.3%
% Calories from Protein:	25.2%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	274mg
Potassium (mg):	89mg
Calcium (mg):	12mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	18mg
Vitamin A (i.u.):	550IU
Vitamin A (r.e.):	55RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	15mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 13 Calories from Fat: 1

		% Daily Values*
Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	274mg	11%
Total Carbohydrates	2g	1%
Dietary Fiber	1g	3%
Protein	1g	
Vitamin A		11%
Vitamin C		30%
Calcium		1%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*