

Broccoli Soup

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-broccoli-soup-recipe-indian>

Ingredients:

- 2 tablespoons olive oil
- 1 onion medium, chopped
- 1 1/2 pounds broccoli use both heads and stems
- 2 quarts water
- 1/2 teaspoon sea salt celtic

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 14 grams
3. Fat: 7 grams
4. Fiber: 6 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 380 milligrams
8. Sugar: 5 grams

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