

# Panera's Broccoli Cheddar Soup

Yield: 6 min  
Total Time: 55 min

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

## Ingredients:

- 1 tablespoon melted butter
- 1/2 chopped onion medium
- 1/4 cup melted butter
- 1/4 cup flour
- 2 cups half-and-half cream
- 2 cups chicken stock
- 1/2 pound broccoli fresh, about 3 cups, chopped into bite size pieces
- 1 cup carrot julienned, can buy matchstick carrots in produce section
- 1/4 teaspoon nutmeg
- 8 ounces grated sharp cheddar cheese 2 cups
- salt
- pepper

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 95 milligrams
4. Fat: 33 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 20 grams
8. Sodium: 610 milligrams
9. Sugar: 4 grams

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