AMERICAN · LUNCH · DINNER

Broccoli Cheddar Soup

30 min · Serves 4 · 407 kcal a serve · Video 4:15 · Joe Duff - The Diet Chef

Gluten-free ingredients · No nuts listed

Broccoli, bone broth and cheddar make a warming bowl with about 17 g protein, calcium from the cheese and roughly 6 g net carbs, thickened without any flour.

Diet notes: Keto (5.6 g net carbs a serve).

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Ingredients 8 · SERVES 4

- [ ] 4 tbsp (56 g) **salted butter**
- [ ] 1 small **onion** (70 g), diced
- [ ] 1 large **garlic** clove, minced
- [ ] 475 ml **chicken bone broth**
- [ ] 1 small head **broccoli** (200 g), finely chopped
- [ ] 56 g **full-fat cream cheese**
- [ ] 80 ml **heavy cream**
- [ ] 140 g shredded **cheddar**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the butter and cream cheese into pieces, measure out the cheddar, dice the onion, mince the garlic and chop the broccoli (stems included) very finely. 0:39
2. Melt the butter in a large pot over medium-high heat and cook the onion and garlic until soft and fragrant. 2:13
3. Pour in the bone broth, add the broccoli and turn the heat to high to bring it to the boil. 2:41
4. Stir in the cream cheese and cream until smooth, then bring back to the boil. 3:11
5. Add the cheddar a handful at a time, stirring until melted, then lower the heat and simmer for a few minutes until thickened. 3:29

> **Tip** For a thicker soup, whisk in 1/4 tsp xanthan gum while it simmers. Keeps 3–4 days in the fridge; reheat gently so the cheese doesn't split.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
407 kcal	**17** g	**7.2** g	**1.6** g	**35** g	**430** mg
1,700 kJ	34% of a day	5.6 g net · 2.8 g sugars	6% of a day	22 g saturated	19% of a day
		3% of a day		45% of a day	

Energy from net carbs 6% · protein 17% · fat 77% — fits keto: 5.6 g net carbs, 77% of the energy from fat

High in (20%+ of a day) Vitamin C 52% · Vitamin K 45% · Vitamin A 37% · Calcium 24% · Vitamin B12 21%

Source of (10–19%) Selenium 17% · Zinc 14% · Omega-3 13% · Folate 11% · Vitamin B6 11%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=0mDLu5rqFTA, published 1 March 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-broccoli-cheddar-soup