

# Broccoli Cheese Soup

adapted from recipe found on Bootcamp Buddies

Servings: 10

7 cups chicken broth

1 kilogram frozen broccoli

540 milliliters Aylmer Accents Spicy Red Pepper Petite Cut Stewed Tomatoes

10 ounces Cheez Whiz, Light

Cook broccoli in chicken broth and tomatoes for 25 minutes. Puree half of the soup. Add cheese and stir until melted.

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 125 Calories from Fat: 39

### % Daily Values\*

|                            |        |      |
|----------------------------|--------|------|
| <b>Total Fat</b>           | 5g     | 7%   |
| Saturated Fat              | 2g     | 11%  |
| <b>Cholesterol</b>         | 14mg   | 5%   |
| <b>Sodium</b>              | 1128mg | 47%  |
| <b>Total Carbohydrates</b> | 12g    | 4%   |
| Dietary Fiber              | 4g     | 15%  |
| <b>Protein</b>             | 10g    |      |
| <b>Vitamin A</b>           |        | 41%  |
| <b>Vitamin C</b>           |        | 100% |
| <b>Calcium</b>             |        | 18%  |
| <b>Iron</b>                |        | 8%   |

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