DietCloud – Recipe

Recipe Name: Broccoli Almond Soup Recipe - Broccoli Almond Soup Recipe

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups broccoli - chopped • 1 onion - thin and straight cut • 4 cloves garlic - finely chopped • 1 cup milk • 1/4 cup almonds • salt - to taste • grind 1 whole pepper - 1 teaspoon Olive oil	4

Preparation

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)