

mcAlister's broccoli cheddar soup nutrition

mcAlister's broccoli cheddar soup nutrition is a popular topic for many health-conscious diners and soup enthusiasts alike. This creamy, flavorful soup combines tender broccoli florets with rich cheddar cheese, creating a comforting dish that appeals to a wide range of tastes. Understanding the nutritional profile of McAlister's broccoli cheddar soup is essential for those monitoring their calorie intake, macronutrients, and overall dietary balance. This article delves into the key nutritional components, including calories, fats, proteins, carbohydrates, vitamins, and minerals found in this soup. Additionally, it examines potential health benefits and considerations for those with dietary restrictions. Detailed insights into ingredient sourcing and preparation methods further illuminate how this soup fits into a balanced diet. The following sections provide a comprehensive overview of McAlister's broccoli cheddar soup nutrition, offering valuable information for making informed dining choices.

- Caloric Content and Serving Size
- Macronutrient Breakdown
- Micronutrients and Health Benefits
- Ingredients and Preparation
- Dietary Considerations

Caloric Content and Serving Size

Understanding the caloric content of McAlister's broccoli cheddar soup is fundamental for managing daily energy intake. Typically, a standard serving size of this soup ranges from 8 to 12 ounces, which can influence the total calories consumed. Knowing the exact serving size provided by McAlister's helps customers gauge how the soup fits into their overall meal plan.

Typical Calorie Count

On average, an 8-ounce cup of McAlister's broccoli cheddar soup contains approximately 250 to 300 calories. This calorie content primarily comes from the combination of cheddar cheese, cream, and broccoli, which contribute to the soup's rich and satisfying texture. Larger servings will naturally increase the total caloric intake, making portion control an important consideration.

Macronutrient Breakdown

The macronutrient composition of McAlister's broccoli cheddar soup includes fats, proteins, and carbohydrates. Each plays a distinct role in nutrition and energy provision, impacting how the soup supports dietary goals such as weight management, muscle maintenance, and blood sugar regulation.

Fats

Fat content in the soup is relatively high due to the presence of cheddar cheese and cream. An 8-ounce serving typically contains about 15 grams of fat, including saturated fats. Saturated fat intake should be monitored as excessive consumption may affect cardiovascular health.

Proteins

The protein content in McAlister's broccoli cheddar soup is moderate, usually ranging between 10 and 12 grams per serving. Protein is essential for tissue repair and maintenance, making this soup a reasonable source of protein, particularly for vegetarians who include dairy in their diets.

Carbohydrates

Carbohydrates in this soup primarily come from broccoli and any added thickeners such as flour or starch. The carbohydrate content generally lies around 20 to 25 grams per serving, with dietary fiber contributing to digestive health. The natural sugars from vegetables are minimal, keeping the soup relatively low in sugar.

- Fat: ~15 grams per serving
- Protein: 10-12 grams per serving
- Carbohydrates: 20-25 grams per serving

Micronutrients and Health Benefits

McAlister's broccoli cheddar soup offers several micronutrients derived primarily from its fresh ingredients, especially broccoli. These vitamins and minerals contribute to the soup's nutritional value beyond macronutrients.

Vitamins

Broccoli is a significant source of vitamin C and vitamin K, both of which have important roles in immune function and blood clotting, respectively. The soup also provides some vitamin A from the cheddar cheese, supporting vision and skin health.

Minerals

Important minerals such as calcium and potassium are present due to the dairy content and broccoli. Calcium supports bone health, while potassium is vital for maintaining healthy blood pressure levels.

Health Benefits

Consuming McAlister's broccoli cheddar soup can offer several health benefits including:

- Provision of antioxidants from broccoli that help combat oxidative stress
- Support for bone health via calcium and vitamin K
- Moderate protein content aiding in muscle maintenance and satiety

Ingredients and Preparation

The quality and selection of ingredients in McAlister's broccoli cheddar soup significantly affect its nutritional profile. The soup is crafted using fresh broccoli, sharp cheddar cheese, cream, and a blend of spices to enhance flavor.

Core Ingredients

The primary ingredients include:

- Fresh broccoli florets
- Sharp cheddar cheese
- Heavy cream or milk
- Butter and flour for thickening
- Onion and garlic for flavor

Preparation Methods

The soup is prepared by sautéing aromatics such as onions and garlic, then incorporating broccoli and simmering it until tender. A roux made from butter and flour is added to thicken the base, followed by the gradual addition of cream and cheddar cheese, which melt to create a creamy texture. This preparation method, while enhancing taste, also adds to the fat and calorie content, making it richer than broth-based soups.

Dietary Considerations

Individuals with specific dietary needs should consider various factors related to McAlister's broccoli cheddar soup nutrition before consumption.

Lactose Intolerance and Dairy Allergies

This soup contains dairy products such as cheddar cheese and cream, which may not be suitable for those with lactose intolerance or dairy allergies. Alternatives or modifications are recommended for such individuals to avoid adverse reactions.

Caloric and Fat Intake

Due to its creamy nature, the soup is higher in calories and fat than many broth-based soups. Those following low-fat or calorie-restricted diets may want to consume smaller portions or opt for lighter alternatives.

Sodium Content

Like many restaurant-prepared soups, McAlister's broccoli cheddar soup may contain elevated sodium levels, which can impact blood pressure and heart health. Monitoring sodium intake is advisable for individuals with hypertension or cardiovascular concerns.

- Not suitable for lactose-intolerant individuals without modification
- Higher fat and calorie content requires portion control
- Potentially high sodium levels warrant caution for sensitive individuals

Frequently Asked Questions

What are the calories in McAlister's broccoli cheddar soup?

A serving of McAlister's broccoli cheddar soup typically contains around 250 calories.

How much protein is in McAlister's broccoli cheddar soup?

McAlister's broccoli cheddar soup has approximately 10 grams of protein per serving.

Is McAlister's broccoli cheddar soup high in fat?

McAlister's broccoli cheddar soup contains about 15 grams of fat per serving, which is considered moderate to high.

Does McAlister's broccoli cheddar soup contain any allergens?

Yes, McAlister's broccoli cheddar soup contains dairy (cheddar cheese) and may contain gluten and soy, so those with allergies should check with the restaurant.

What is the sodium content in McAlister's broccoli cheddar soup?

A serving of McAlister's broccoli cheddar soup contains approximately 1100 mg of sodium, which is relatively high.

Is McAlister's broccoli cheddar soup gluten-free?

McAlister's broccoli cheddar soup is generally not gluten-free due to potential wheat-based thickeners, so it is not recommended for those with gluten intolerance.

How many carbohydrates are in McAlister's broccoli cheddar soup?

McAlister's broccoli cheddar soup has about 20 grams of carbohydrates per serving.

Can McAlister's broccoli cheddar soup fit into a low-carb diet?

With around 20 grams of carbohydrates per serving, McAlister's broccoli cheddar soup may be too high in carbs for strict low-carb diets.

Is McAlister's broccoli cheddar soup suitable for vegetarians?

Yes, McAlister's broccoli cheddar soup is generally suitable for vegetarians as it primarily contains vegetables, cheese, and broth without meat products.

Does McAlister's broccoli cheddar soup contain any artificial ingredients?

McAlister's broccoli cheddar soup may contain some preservatives and artificial ingredients; for detailed ingredient info, it is best to consult McAlister's official nutritional information.

Additional Resources

1. *The Nutritional Science Behind Creamy Soups*

This book delves into the nutritional components of popular creamy soups, including McAlister's broccoli cheddar soup. It explores the balance of macronutrients, vitamins, and minerals found in these dishes. Readers will gain insights into how ingredients like cheese and broccoli contribute to overall health and wellness.

2. *Healthy Comfort Foods: A Guide to Guilt-Free Eating*

Focusing on comfort foods with a healthy twist, this guide offers recipes and nutritional analysis for dishes like McAlister's broccoli cheddar soup. It emphasizes how to enjoy rich flavors without compromising nutrition. The book also provides tips for modifying traditional recipes to reduce calories and fat.

3. *Broccoli and Cheese: Nutritional Benefits and Recipes*

This comprehensive book highlights the health benefits of broccoli and cheese, two primary ingredients in McAlister's broccoli cheddar soup. It covers their vitamins, antioxidants, and roles in a balanced diet. Additionally, readers find a variety of recipes incorporating these ingredients in creative and nutritious ways.

4. *Understanding Restaurant Menu Nutrition*

A practical guide for diners interested in the nutritional content of their favorite restaurant meals,

including soups like McAlister's broccoli cheddar soup. The book explains how to interpret nutrition labels and make informed choices when eating out. It also discusses common nutritional pitfalls in restaurant dishes.

5. The Role of Dairy in a Balanced Diet

This book examines dairy products such as cheddar cheese and their impact on nutrition and health. It includes a discussion on dairy's contribution to calcium intake and protein levels, relevant to dishes like McAlister's broccoli cheddar soup. The text also addresses lactose intolerance and dairy alternatives.

6. Vegetable-Forward Soups: Nutrition and Flavor

Highlighting soups that prioritize vegetables, this book explores how to maximize flavor and nutrition simultaneously. McAlister's broccoli cheddar soup serves as a case study for combining vegetables with dairy to create satisfying meals. The book provides tips for boosting vegetable content without sacrificing taste.

7. Calories and Fat in Popular Soups: What You Need to Know

This analytical book breaks down the calorie and fat content of well-known soups, including McAlister's broccoli cheddar soup. It educates readers on how portion size and ingredients affect overall nutritional value. Strategies for enjoying these soups in a health-conscious way are also discussed.

8. Soup and Wellness: Eating for Immune Support

Exploring the relationship between soup ingredients and immune health, this book covers nutrient-rich recipes like broccoli cheddar soup. It discusses immune-boosting vitamins found in broccoli and the comfort factor of warm, nourishing meals. The book also suggests modifications to enhance the immune-supportive qualities of soups.

9. Meal Planning with Soups: Balanced and Nutritious Options

This practical resource focuses on incorporating soups such as McAlister's broccoli cheddar soup into balanced meal plans. It provides advice on pairing soups with complementary dishes to ensure a well-rounded diet. Readers learn how to use soups as convenient, nutritious meal components for busy lifestyles.

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