



HEALTH SCORE

58%

Amy Rose's Roasted Cauliflower Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



2

CALORIES



243 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large head cauliflower (large stems discarded)
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups vegetable stock
- ☐ 1.5 cups water

Equipment

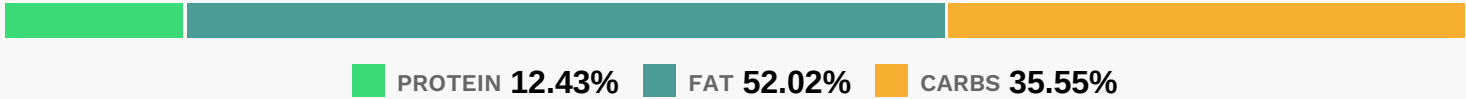
- ☐ oven

- ☐ pot
- ☐ baking pan
- ☐ immersion blender

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread cauliflower florets into a 9x13-inch baking dish and drizzle with olive oil.
- ☐ Sprinkle cumin over the cauliflower.
- ☐ Roast in the preheated oven until cauliflower is lightly browned and softened, about 30 minutes.
- ☐ Transfer roasted cauliflower to a soup pot over medium heat and stir in vegetable stock and water.
- ☐ Bring soup to a boil, reduce heat to low, and simmer until cauliflower is very tender, about 30 minutes.
- ☐ Use an immersion blender to puree the soup in the pot; season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:5.04, Inflammation Score:-9, Nutrition Score:24.116087011669%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 243.45kcal (12.17%), Fat: 15.51g (23.87%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 15.27g (5.55%), Sugar: 9.55g (10.62%), Cholesterol: 0mg (0%), Sodium: 842.69mg (36.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.68%), Vitamin C: 202.56mg (245.52%), Vitamin K: 73.77µg (70.26%), Folate: 239.57µg (59.89%), Vitamin B6: 0.78mg (38.98%), Potassium: 1284.09mg (36.69%), Manganese: 0.71mg (35.69%), Fiber: 8.58g (34.33%), Vitamin B5: 2.8mg (28.03%), Phosphorus: 192.44mg (19.24%), Magnesium: 70.44mg (17.61%), Vitamin E: 2.4mg (16.02%), Iron: 2.85mg (15.82%), Vitamin B2: 0.26mg (15.12%),

Vitamin B1: 0.22mg (14.64%), Calcium: 112.27mg (11.23%), Vitamin B3: 2.2mg (11%), Copper: 0.21mg (10.33%), Zinc: 1.22mg (8.17%), Vitamin A: 395.01IU (7.9%), Selenium: 2.6µg (3.72%)