



 **58%**  
HEALTH SCORE

## Best Cauliflower Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



164 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 carrots sliced to taste
- 1 large head cauliflower chopped
- 4 cups chicken broth
- 6 servings salt and ground pepper black to taste
- 0.3 cup milk
- 1 large onion sliced
- 2 large potatoes chopped

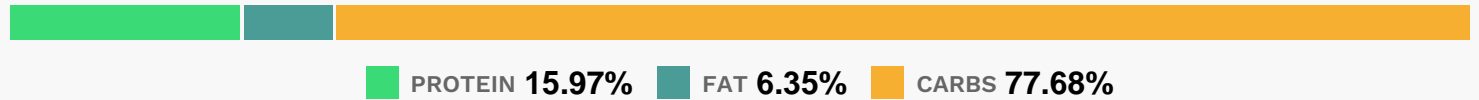
## Equipment

- pot
- blender
- potato masher

## Directions

- Bring chicken broth, cauliflower, potatoes, onion, carrots, salt, and pepper to a boil in a stockpot; reduce heat, cover pot with a lid, and simmer until vegetables are tender, 20 to 25 minutes.
- Remove pot from heat.
- Mash vegetables using a potato masher or puree in a blender. Return pot to low heat and stir in milk. Cook soup until heated through, 3 to 5 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:43.26, Glycemic Load:18.41, Inflammation Score:-10, Nutrition Score:20.489130621371%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg, Quercetin: 6.73mg

## Nutrients (% of daily need)

Calories: 163.8kcal (8.19%), Fat: 1.23g (1.9%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 33.96g (11.32%), Net Carbohydrates: 27.43g (9.98%), Sugar: 6.82g (7.58%), Cholesterol: 4.35mg (1.45%), Sodium: 649.53mg (28.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.97%), Vitamin C: 94.76mg (114.86%), Vitamin A: 3420IU (68.4%), Vitamin B6: 0.69mg (34.25%), Potassium: 1082.78mg (30.94%), Manganese: 0.55mg (27.59%), Folate: 108.11µg (27.03%), Fiber: 6.53g (26.1%), Vitamin K: 27.02µg (25.73%), Phosphorus: 162.77mg (16.28%), Vitamin B1: 0.23mg (15.47%), Vitamin B2: 0.25mg (14.62%), Vitamin B5: 1.44mg (14.38%), Magnesium: 57.19mg (14.3%), Vitamin B3: 2.59mg (12.95%), Copper: 0.23mg (11.56%), Iron: 1.78mg (9.89%), Calcium: 77.23mg (7.72%), Zinc: 0.98mg (6.52%), Selenium: 2.18µg (3.11%), Vitamin E: 0.33mg (2.22%), Vitamin B12: 0.09µg (1.44%)