



Cauliflower and Leek Soup with Crispy Bacon

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



264 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 2 leek light white green chopped (and parts only)
- ☐ 3 large cloves garlic crushed
- ☐ 1 large shallots chopped
- ☐ 1 head cauliflower separated
- ☐ 32 oz chicken broth reduced-sodium (4 cups)
- ☐ 0.5 teaspoon herbs de provence
- ☐ 4 slices bacon chopped

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 tablespoon butter

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ blender
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ In large saucepan or Dutch oven, heat oil over medium heat.
- ☐ Add leeks, garlic and shallot. Cook 5 minutes, stirring occasionally, until leeks and shallot are softened but not browned.
- ☐ Add cauliflower, broth and herbes de Provence. Cover; cook until cauliflower is tender, about 20 minutes.
- ☐ Meanwhile, in 10-inch skillet, cook bacon until crisp.
- ☐ Drain on paper towels; set aside.
- ☐ Remove soup from heat; using blender or handheld immersion blender, puree soup until smooth. If using regular blender, return soup to saucepan. If using immersion blender, return saucepan to heat.
- ☐ Add salt, pepper and butter. Cook over low heat 5 minutes, stirring occasionally, until butter is melted and soup is hot.
- ☐ To serve, ladle soup into bowls.
- ☐ Sprinkle with bacon.

Nutrition Facts



 **PROTEIN 11.63%**  **FAT 64.11%**  **CARBS 24.26%**

Properties

Glycemic Index:51.5, Glycemic Load:3.61, Inflammation Score:-8, Nutrition Score:17.823912923751%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 263.92kcal (13.2%), Fat: 19.61g (30.17%), Saturated Fat: 5.93g (37.08%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 12.7g (4.62%), Sugar: 5.98g (6.64%), Cholesterol: 26.58mg (8.86%), Sodium: 1353.64mg (58.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.02%), Vitamin C: 75.89mg (91.99%), Vitamin K: 50.09µg (47.71%), Manganese: 0.63mg (31.3%), Folate: 113.08µg (28.27%), Vitamin B6: 0.48mg (23.87%), Potassium: 627.84mg (17.94%), Vitamin A: 847.84IU (16.96%), Fiber: 4g (16%), Vitamin B2: 0.26mg (15.11%), Vitamin B1: 0.22mg (14.41%), Phosphorus: 128.06mg (12.81%), Vitamin E: 1.81mg (12.09%), Vitamin B5: 1.2mg (12.01%), Iron: 2.11mg (11.72%), Vitamin B3: 2.33mg (11.63%), Magnesium: 41.37mg (10.34%), Selenium: 7.08µg (10.11%), Copper: 0.17mg (8.4%), Calcium: 78.44mg (7.84%), Zinc: 0.92mg (6.16%), Vitamin B12: 0.16µg (2.69%)