



Cauliflower and Sorrel Soup

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 large head cauliflower chopped
- 2 tablespoons caviar
- 4 cups chicken stock see light
- 0.5 cup heavy cream
- 1 tablespoon olive oil
- 0.5 onion chopped
- 1 medium potatoes peeled chopped

- 6 servings sea salt and pepper black freshly ground
- 6 large sorrel leaves shredded trimmed
- 2 cups milk whole

Equipment

- food processor
- frying pan
- sauce pan
- ladle
- sieve
- blender
- immersion blender

Directions

- Place the cauliflower florets, potato, and onion in a saucepan with the butter and oil.
- Heat gently and, when the contents start to sizzle, cover with a lid and sweat everything over a low heat for about 10 minutes. The vegetables should not be at all colored.
- Add the stock and bring to a boil, then pour in the milk and return gently to a boil. (This way, there will be no scum forming in the milk.) Season to taste, then simmer, uncovered, for 10–15 minutes when the vegetables should be soft.
- Pour in half the cream, then puree in a food processor or blender, or blend in the pan with an immersion blender. Pass the puree through a sieve into a clean pan, rubbing with the back of a ladle.
- Stir in the rest of the cream. Taste for seasoning and bring the soup to a boil. Ladle into soup plates, top with sorrel shreds, and add a spoonful of caviar to each.
- Serve.

Nutrition Facts



PROTEIN 16.09% **FAT 51.64%** **CARBS 32.27%**

Properties

Glycemic Index:43.79, Glycemic Load:7.52, Inflammation Score:-7, Nutrition Score:19.574347703353%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 291.76kcal (14.59%), Fat: 17.31g (26.62%), Saturated Fat: 8.52g (53.27%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 20.56g (7.48%), Sugar: 10.36g (11.51%), Cholesterol: 73.35mg (24.45%), Sodium: 404.67mg (17.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.13g (24.26%), Vitamin C: 76.07mg (92.21%), Vitamin B6: 0.54mg (27.25%), Potassium: 901.85mg (25.77%), Vitamin B12: 1.54µg (25.69%), Folate: 100.27µg (25.07%), Vitamin B2: 0.42mg (24.55%), Vitamin K: 25.37µg (24.17%), Phosphorus: 241.05mg (24.1%), Vitamin B3: 3.73mg (18.65%), Calcium: 170.79mg (17.08%), Magnesium: 64.88mg (16.22%), Vitamin B5: 1.59mg (15.95%), Manganese: 0.3mg (15.1%), Fiber: 3.77g (15.08%), Vitamin B1: 0.22mg (14.57%), Selenium: 10.17µg (14.53%), Vitamin A: 560.13IU (11.2%), Iron: 1.92mg (10.68%), Copper: 0.19mg (9.66%), Vitamin D: 1.37µg (9.11%), Zinc: 1.16mg (7.7%), Vitamin E: 0.88mg (5.87%)