



## Cauliflower and Yukon Gold Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



179 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 6 cups cauliflower cored
- ☐ 3.3 cups chicken broth organic (such as Swanson Certified )
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup shallots finely chopped
- ☐ 0.3 teaspoon pepper white

☐ 2 cups yukon gold potatoes cubed peeled

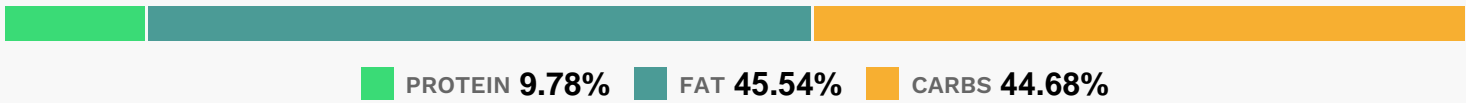
## Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

## Directions

- ☐ In a large stockpot, heat the olive oil over medium heat, and add the shallots. Cook, stirring frequently, until shallots are soft and translucent, about 5 minutes.
- ☐ Add cauliflower and potatoes to stockpot. Cover with cold water. Turn heat to high, and bring to boil. Reduce heat and cook at a simmer, uncovered, until the cauliflower and potatoes are tender, 15 minutes.
- ☐ Remove pot from heat and drain, reserving a few cups of the hot cooking liquid.
- ☐ Add butter, broth, salt, and pepper. Working in batches, puree soup in a blender until smooth.
- ☐ Add additional liquid as needed to reach desired consistency (fairly thin is recommended). To serve, ladle into warm bowls and drizzle each portion with a teaspoon of extra-virgin olive oil, or more to taste.

## Nutrition Facts



## Properties

Glycemic Index:32.63, Glycemic Load:11.44, Inflammation Score:-5, Nutrition Score:12.393478455751%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

## Nutrients (% of daily need)

Calories: 179.32kcal (8.97%), Fat: 9.52g (14.65%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 21.02g (7.01%), Net Carbohydrates: 16.95g (6.16%), Sugar: 3.85g (4.28%), Cholesterol: 7.56mg (2.52%), Sodium: 910.89mg (39.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Vitamin C: 64.54mg (78.23%), Vitamin B6: 0.45mg (22.54%), Vitamin K: 21.45µg (20.43%), Potassium: 687.62mg (19.65%), Manganese: 0.37mg (18.38%), Folate: 73.05µg (18.26%), Fiber: 4.07g (16.29%), Phosphorus: 100.66mg (10.07%), Vitamin B1: 0.15mg (9.72%), Vitamin B2: 0.16mg (9.6%), Vitamin B5: 0.94mg (9.43%), Magnesium: 36.61mg (9.15%), Vitamin B3: 1.64mg (8.19%), Vitamin E: 1.2mg (8.03%), Copper: 0.15mg (7.65%), Iron: 1.3mg (7.21%), Zinc: 0.63mg (4.21%), Calcium: 41.29mg (4.13%), Selenium: 1.49µg (2.13%), Vitamin A: 62.83IU (1.26%)