



Cauliflower-Apple Soup with Apple Cider Reduction



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



93 kcal

SOUP

Ingredients

- ☐ 1 cup apple cider
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 pounds cauliflower florets
- ☐ 2 teaspoons curry powder
- ☐ 5 cups fat-free less-sodium chicken broth fat-free
- ☐ 1 gala apple cored peeled chopped
- ☐ 1 teaspoon garlic chopped

- ☐ 0.3 cup half n half
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion chopped

Equipment

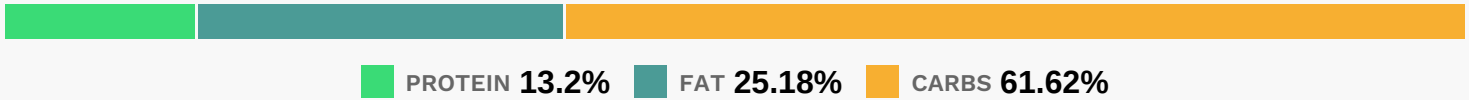
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Bring the apple cider to a boil in a small saucepan. Cook until cider is reduced to 1/4 cup (about 5 minutes).
- ☐ Remove from heat, and cool to room temperature.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion to pan; saut 3 minutes.
- ☐ Add curry powder and garlic to pan; saut 1 minute, stirring constantly.
- ☐ Add cauliflower, broth, and apple; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until cauliflower is very tender.
- ☐ Remove pan from heat; cool 5 minutes.
- ☐ Place half of cauliflower mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.

- ☐
- Pour into a large bowl. Repeat procedure with remaining cauliflower mixture. Return to pot.Stir in half-and-half; cook over medium heat 5 minutes or until thoroughly heated (do notboil).
- ☐
- Remove from heat; stir in juice, salt, and 1/8 teaspoon pepper. Ladle about 1 cup soup into each of 8 bowls; drizzle each serving with 1 1/2 teaspoons cider reduction.
- ☐
- Garnish with coarsely ground pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:24.84, Glycemic Load:3.84, Inflammation Score:0, Nutrition Score:9.1513043538384%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.67mg, Quercetin: 9.67mg, Quercetin: 9.67mg, Quercetin: 9.67mg

Nutrients (% of daily need)

Calories: 92.92kcal (4.65%), Fat: 2.83g (4.36%), Saturated Fat: 1g (6.25%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 12.42g (4.52%), Sugar: 9.2g (10.23%), Cholesterol: 3.53mg (1.18%), Sodium: 833.32mg (36.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin C: 46.01mg (55.77%), Folate: 59.52µg (14.88%), Vitamin K: 15.13µg (14.41%), Manganese: 0.26mg (13.07%), Vitamin B6: 0.26mg (12.75%), Fiber: 3.17g (12.69%), Potassium: 433.68mg (12.39%), Vitamin B5: 0.85mg (8.49%), Phosphorus: 81.24mg (8.12%), Vitamin B2: 0.12mg (7.3%), Vitamin B3: 1.34mg (6.72%), Selenium: 4.33µg (6.18%), Magnesium: 23.29mg (5.82%), Vitamin B1: 0.09mg (5.75%), Calcium: 51.53mg (5.15%), Vitamin B12: 0.3µg (5.05%), Iron: 0.87mg (4.85%), Copper: 0.09mg (4.61%), Zinc: 0.41mg (2.71%), Vitamin E: 0.4mg (2.68%), Vitamin A: 54.28IU (1.09%)