



Cauliflower Bisque

 Gluten Free

READY IN



77 min.

SERVINGS



32

CALORIES



37 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 8 cups cauliflower florets and stems (2 small heads)
- 1 cup celery chopped
- 6.8 cups chicken broth divided
- 32 servings garnishes: croutons fresh
- 3 garlic cloves chopped
- 0.3 teaspoon ground pepper white
- 1 cup half-and-half

- 2 cups leeks chopped
- 0.5 teaspoon salt

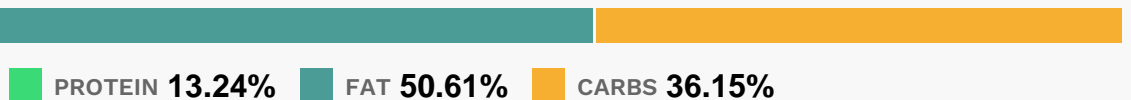
Equipment

- food processor
- frying pan
- blender
- dutch oven

Directions

- Melt butter in a Dutch oven over medium heat.
- Add leeks, celery, and garlic; saut 10 minutes or until vegetables are tender, but not brown.
- Add cauliflower; saut 2 minutes.
- Add 6 cups broth; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes, or until vegetables are very tender. Cool slightly.
- Puree vegetables, in batches, in a blender or food processor until very smooth and creamy. Return pureed vegetables to pan. Stir in half-and-half, salt, and pepper. Bring soup to a simmer over medium heat. Stir in remaining 3/4 cup broth, and cook 5 minutes or until thoroughly heated.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:6.19, Glycemic Load:0.99, Inflammation Score:-2, Nutrition Score:3.0504347785659%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 36.94kcal (1.85%), Fat: 2.19g (3.37%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 3.52g (1.17%), Net Carbohydrates: 2.81g (1.02%), Sugar: 1.26g (1.41%), Cholesterol: 3.64mg (1.21%), Sodium: 255.4mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin C: 12.98mg (15.73%), Vitamin K: 7.52µg (7.16%), Folate: 20.52µg (5.13%), Manganese: 0.1mg (5.11%), Vitamin B2: 0.07mg (3.88%), Vitamin A: 181.63IU (3.63%), Vitamin B6: 0.07mg (3.45%), Potassium: 114.81mg (3.28%), Fiber: 0.71g (2.85%), Phosphorus: 24.78mg (2.48%), Vitamin B1: 0.04mg (2.41%), Calcium: 21.85mg (2.18%), Vitamin B5: 0.22mg (2.16%), Magnesium: 7.34mg (1.84%), Iron: 0.31mg (1.75%), Vitamin B3: 0.33mg (1.66%), Selenium: 1.07µg (1.53%), Copper: 0.03mg (1.41%), Vitamin E: 0.16mg (1.06%), Zinc: 0.15mg (1.03%)