



Cauliflower-Cheese Soup

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



152 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large head cauliflower coarsely chopped
- ☐ 10 servings croutons for serving, optional
- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 cups extra sharp cheddar cheese shredded white
- ☐ 2 cloves garlic minced
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped

- ☐ 10 servings salt and pepper
- ☐ 1 tablespoon butter unsalted
- ☐ 1 cup milk whole

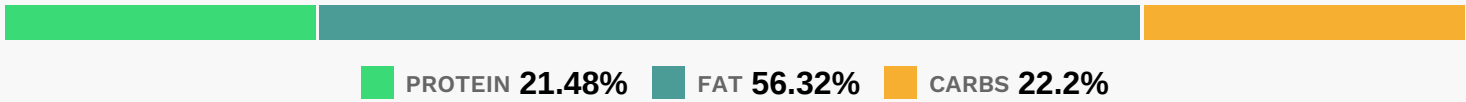
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ In a large pan, melt butter with oil over medium heat.
- ☐ Add onion and garlic and saut until softened, about 5 minutes.
- ☐ Add cauliflower and broth, season with salt and pepper and bring to a boil over high heat. Reduce heat to medium-low and simmer until cauliflower is very tender, about 20 minutes.
- ☐ Remove from heat; let cool slightly. Working in batches, puree soup in a blender. Return soup to clean pot; stir in milk and mustard. Bring back to a simmer over medium heat.
- ☐ Add cheese and stir until cheese has melted (do not boil). Season with salt and pepper. Ladle into bowls and sprinkle with additional cheese or croutons, if desired.

Nutrition Facts



Properties

Glycemic Index:25.8, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:10.086521822473%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.7mg, Quercetin: 2.7mg,

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Nutrients (% of daily need)

Calories: 151.98kcal (7.6%), Fat: 9.98g (15.35%), Saturated Fat: 4.92g (30.75%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 6.9g (2.51%), Sugar: 3.44g (3.82%), Cholesterol: 22.89mg (7.63%), Sodium: 380.64mg (16.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Vitamin C: 41.49mg (50.29%), Calcium: 177.27mg (17.73%), Phosphorus: 173.69mg (17.37%), Vitamin K: 14.5µg (13.81%), Folate: 54.94µg (13.74%), Potassium: 402.84mg (11.51%), Vitamin B2: 0.19mg (11.43%), Vitamin B6: 0.21mg (10.59%), Selenium: 6.46µg (9.23%), Vitamin B3: 1.83mg (9.14%), Manganese: 0.16mg (8.24%), Fiber: 1.95g (7.81%), Vitamin B5: 0.75mg (7.46%), Zinc: 1.08mg (7.22%), Vitamin B12: 0.41µg (6.8%), Magnesium: 22.88mg (5.72%), Vitamin B1: 0.07mg (4.94%), Vitamin A: 244.98IU (4.9%), Copper: 0.1mg (4.76%), Iron: 0.67mg (3.72%), Vitamin E: 0.44mg (2.97%), Vitamin D: 0.39µg (2.61%)