



Cauliflower-Cheese Soup

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup carrots diced
- ☐ 1 cup cauliflower chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cups milk
- ☐ 0.3 cup onion chopped
- ☐ 1 cup potatoes cubed

- ☐ 4 servings salt and pepper to taste
- ☐ 4 ounces cheddar cheese shredded
- ☐ 0.8 cup water

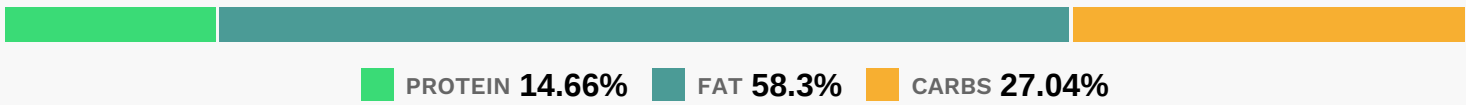
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan, combine water, cauliflower, potatoes, celery, carrots, and onion. Boil for 5 to 10 minutes, or until tender. Set aside.
- ☐ Melt butter in separate saucepan over medium heat. Stir in flour, and cook for 2 minutes.
- ☐ Remove from heat, and gradually stir in milk. Return to heat, and cook until thickened. Stir in vegetables with cooking liquid, and season with salt and pepper. Stir in cheese until melted, and remove from heat.

Nutrition Facts



Properties

Glycemic Index:102.9, Glycemic Load:15.47, Inflammation Score:-10, Nutrition Score:19.103912996209%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 414.63kcal (20.73%), Fat: 27.26g (41.95%), Saturated Fat: 16.21g (101.33%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 25.78g (9.37%), Sugar: 11.16g (12.4%), Cholesterol: 80.81mg (26.94%), Sodium: 574.53mg (24.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.84%), Vitamin A: 3665.96IU (73.32%), Calcium: 455.98mg (45.6%), Phosphorus: 378.97mg (37.9%), Vitamin C: 24.47mg (29.66%), Vitamin B2: 0.47mg (27.76%), Vitamin B12: 1.31µg (21.88%), Selenium: 14.71µg (21.02%), Potassium: 702.53mg (20.07%), Vitamin B6: 0.38mg (18.97%), Vitamin B1: 0.25mg (16.34%), Vitamin D: 2.18µg (14.55%), Zinc: 2.15mg (14.36%), Folate: 52.81µg

(13.2%), Magnesium: 52.2mg (13.05%), Vitamin B5: 1.26mg (12.59%), Vitamin K: 12.97µg (12.35%), Manganese: 0.23mg (11.59%), Fiber: 2.69g (10.74%), Vitamin B3: 1.56mg (7.82%), Iron: 1.02mg (5.67%), Copper: 0.11mg (5.58%), Vitamin E: 0.8mg (5.37%)