




# Cauliflower, Leek and Cheddar Cheese Soup


 **Gluten Free**

READY IN




**45 min.**

SERVINGS



**4**

CALORIES



**369 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 head cauliflower trimmed
- 1.5 cups leek cleaned thinly sliced
- 1 tablespoon olive oil
- 1.5 tablespoons thyme sprigs fresh
- 2 cloves garlic chopped
- 1 teaspoon worcestershire sauce
- 32 ounces vegetable stock
- 12 ounces evaporated milk fat free

- 1 cup cheddar cheese shredded
- 4 tablespoons cheddar cheese shredded for garnish

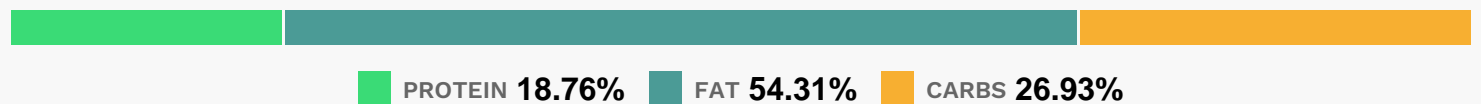
## Equipment

- frying pan
- sauce pan
- blender
- immersion blender

## Directions

- Heat olive oil in large saucepan over medium heat.
- Add leeks. Cook 5 minutes until softened.
- Add cauliflower, garlic, thyme, Worcestershire sauce and vegetable broth. Simmer for 30 40 minutes over medium low until vegetables are very tender.
- Remove from heat and either blend with an immersion blender, or in batches in a blender. If you use a blender, return the mixture to the pan and add evaporated milk and cheese. Cook over medium heat for 3 5 minutes to melt cheese.
- Serve topped with a sprinkle of cheddar cheese.

## Nutrition Facts



## Properties

Glycemic Index:59.5, Glycemic Load:4.5, Inflammation Score:-10, Nutrition Score:23.368260869565%

## Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg, Luteolin: 1.32mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Taste

Sweetness: 99.43%, Saltiness: 100%, Sourness: 65.37%, Bitterness: 74.45%, Savoriness: 48.8%, Fattiness: 84.52%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 369.37kcal (18.47%), Fat: 22.98g (35.35%), Saturated Fat: 11.66g (72.86%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 21.77g (7.92%), Sugar: 14.8g (16.44%), Cholesterol: 61.41mg (20.47%), Sodium: 1307.54mg (56.85%), Protein: 17.86g (35.71%), Vitamin C: 79.77mg (96.7%), Calcium: 548.1mg (54.81%), Phosphorus: 421.87mg (42.19%), Vitamin K: 41.51µg (39.53%), Vitamin A: 1736.97IU (34.74%), Vitamin B2: 0.54mg (31.94%), Folate: 119.17µg (29.79%), Potassium: 809.92mg (23.14%), Manganese: 0.46mg (23.12%), Vitamin B6: 0.44mg (21.89%), Selenium: 13.77µg (19.68%), Vitamin B5: 1.72mg (17.2%), Zinc: 2.5mg (16.66%), Magnesium: 66.01mg (16.5%), Fiber: 3.87g (15.5%), Iron: 2.11mg (11.71%), Vitamin B1: 0.15mg (9.86%), Vitamin E: 1.34mg (8.93%), Vitamin B12: 0.53µg (8.76%), Copper: 0.14mg (7.2%), Vitamin B3: 1.12mg (5.58%), Vitamin D: 0.31µg (2.04%)