



## Cauliflower-Leek Potage

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

### Ingredients

- 1.5 tablespoons butter divided
- 2.5 pounds cauliflower florets
- 4 teaspoons chives fresh minced
- 1 Dash ground nutmeg
- 3 cups leek thinly sliced ( 2 large)
- 2 tablespoons juice of lemon fresh
- 0.3 teaspoon sea salt
- 28 ounce vegetable broth divided canned

0.1 teaspoon pepper white

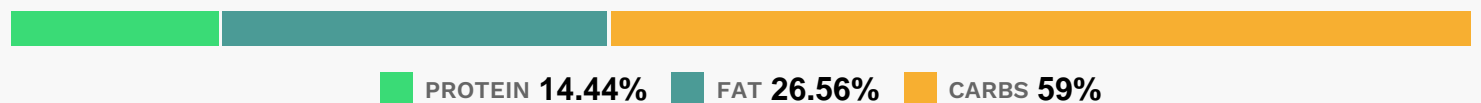
## Equipment

- bowl
- frying pan
- blender
- dutch oven

## Directions

- Bring 4 quarts water to a boil in a Dutch oven, and stir in juice.
- Add cauliflower, reduce heat, and simmer 15 minutes or until tender.
- Drain.
- Melt 1 1/2 teaspoons butter in a large nonstick skillet coated with cooking spray over medium heat.
- Add leek and salt; cover and cook 5 minutes, stirring occasionally. Reduce heat to medium-low; cook 5 minutes or until tender (do not brown), stirring occasionally.
- Combine leek and cauliflower.
- Place half of cauliflower mixture and 1 cup broth in a blender; process until smooth.
- Pour pureed mixture into a large bowl. Repeat procedure with remaining cauliflower mixture and 1 cup broth.
- Melt 1 tablespoon butter over medium heat in Dutch oven. Cook 3 minutes or until lightly browned, stirring occasionally.
- Add cauliflower puree and remaining broth. Simmer 5 minutes. Stir in pepper and nutmeg.
- Sprinkle each serving with 1/2 teaspoon chives.

## Nutrition Facts



## Properties

Glycemic Index:34.25, Glycemic Load:3.27, Inflammation Score:-7, Nutrition Score:13.102608704373%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 81.3kcal (4.07%), Fat: 2.68g (4.13%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 9.93g (3.61%), Sugar: 4.99g (5.55%), Cholesterol: 5.64mg (1.88%), Sodium: 535.72mg (23.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Vitamin C: 74.08mg (89.79%), Vitamin K: 38.91µg (37.05%), Folate: 103.61µg (25.9%), Manganese: 0.39mg (19.39%), Vitamin A: 855.42IU (17.11%), Vitamin B6: 0.34mg (17.07%), Potassium: 490.35mg (14.01%), Fiber: 3.49g (13.97%), Vitamin B5: 1mg (10.02%), Magnesium: 31.35mg (7.84%), Phosphorus: 75.59mg (7.56%), Iron: 1.32mg (7.31%), Vitamin B1: 0.09mg (6.18%), Vitamin B2: 0.1mg (5.72%), Calcium: 52.55mg (5.25%), Copper: 0.1mg (4.92%), Vitamin B3: 0.86mg (4.31%), Vitamin E: 0.49mg (3.25%), Zinc: 0.43mg (2.89%), Selenium: 1.22µg (1.75%)