



Cauliflower-Leek Puree

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 2 lb cauliflower cut into florets
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 leek
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 cup yogurt plain
- ☐ 0.3 teaspoon salt

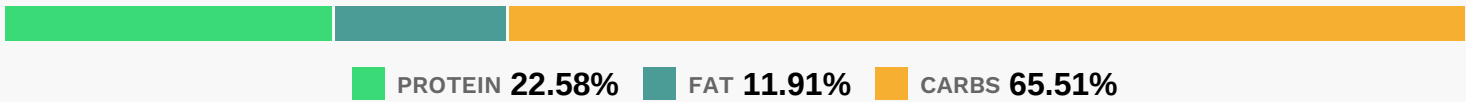
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Remove root, tough outer leaves, and tops from leek, leaving 1 inch of dark leaves.
- ☐ Cut into quarters lengthwise. Thinly slice leek; rinse well, and drain.
- ☐ Cook leek and cauliflower florets in boiling water to cover in a large saucepan 10 minutes or until tender; drain. Return vegetables to saucepan, and toss in pan over high heat to remove any excess moisture.
- ☐ Remove from heat.
- ☐ Process vegetables with 1/4 cup yogurt, in 2 batches, in a food processor until smooth, stopping to scrape down sides as needed. Stir in chopped parsley and next 3 ingredients; transfer puree to a serving bowl.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:1.61, Inflammation Score:-5, Nutrition Score:9.7852174207244%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 40.41kcal (2.02%), Fat: 0.62g (0.95%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 5.16g (1.87%), Sugar: 2.97g (3.3%), Cholesterol: 1mg (0.33%), Sodium: 113.01mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Vitamin C: 57.36mg (69.53%), Vitamin K: 39.27µg (37.4%), Folate: 73.84µg (18.46%), Vitamin B6: 0.24mg (11.9%), Manganese: 0.24mg (11.81%), Potassium: 377.03mg (10.77%),

Fiber: 2.52g (10.06%), Vitamin B5: 0.81mg (8.06%), Phosphorus: 61.76mg (6.18%), Vitamin A: 277.48IU (5.55%),
Magnesium: 21.66mg (5.41%), Vitamin B2: 0.08mg (4.9%), Vitamin B1: 0.07mg (4.44%), Iron: 0.78mg (4.34%),
Calcium: 42.4mg (4.24%), Vitamin B3: 0.64mg (3.2%), Copper: 0.06mg (3.03%), Zinc: 0.38mg (2.51%), Selenium:
0.96µg (1.38%), Vitamin E: 0.21mg (1.37%)