



Cauliflower & onion cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 1 large cauliflower cut into small florets
- ☐ 2 medium onions roughly chopped
- ☐ 1 liter milk
- ☐ 6 servings ground pepper white
- ☐ 1 knob butter

Equipment

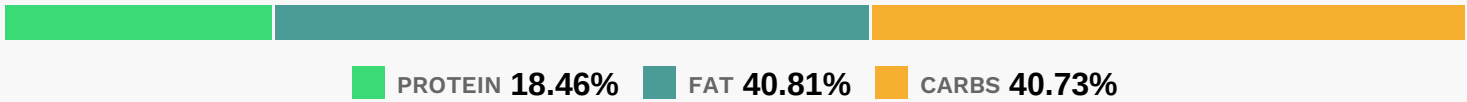
- ☐ frying pan
- ☐ blender

☐ slotted spoon

Directions

- ☐ Put the cauliflower and onions in a large pan, then pour in enough milk to almost cover. Bring to a simmer and cook for 15–20 mins, or until the cauliflower is completely tender.
- ☐ Using a slotted spoon, transfer the cauliflower and onion to a blender with a ladleful of milk, and blitz until smoothly pured.
- ☐ Add more milk if you like, mixing to soften to your preferred consistency. Season with salt and pepper. (Can be made to this stage a day ahead. Keep chilled and reheat before serving.)
- ☐ Serve with a knob of butter melting on top.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:5.14, Inflammation Score:-7, Nutrition Score:16.543043432028%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 183.81kcal (9.19%), Fat: 8.81g (13.55%), Saturated Fat: 5.21g (32.54%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 15.84g (5.76%), Sugar: 12.5g (13.89%), Cholesterol: 28.15mg (9.38%), Sodium: 131.39mg (5.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.93%), Vitamin C: 70.61mg (85.59%), Calcium: 256.8mg (25.68%), Phosphorus: 250.2mg (25.02%), Folate: 87.07µg (21.77%), Vitamin K: 22.61µg (21.53%), Potassium: 732.27mg (20.92%), Vitamin B6: 0.41mg (20.43%), Vitamin B2: 0.33mg (19.7%), Manganese: 0.36mg (17.86%), Vitamin B5: 1.62mg (16.24%), Fiber: 3.95g (15.79%), Vitamin B12: 0.93µg (15.57%), Vitamin D: 1.89µg (12.61%), Vitamin B1: 0.18mg (12.25%), Magnesium: 47.16mg (11.79%), Zinc: 1.17mg (7.81%), Vitamin A: 366.66IU (7.33%), Selenium: 4.39µg (6.27%), Iron: 0.95mg (5.29%), Vitamin B3: 0.94mg (4.69%), Copper: 0.09mg (4.44%), Vitamin E: 0.29mg (1.91%)