



Cauliflower Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 carrots chopped
- 2 cups cauliflower flowerets
- 4 rib celery diced
- 4 ounces pasteurized cheese product cubed prepared
- 10.8 ounce cream of chicken soup undiluted canned
- 1 cup milk
- 4 servings paprika
- 0.3 teaspoon pepper

0.3 teaspoon salt

Equipment

sauce pan

steamer basket

Directions

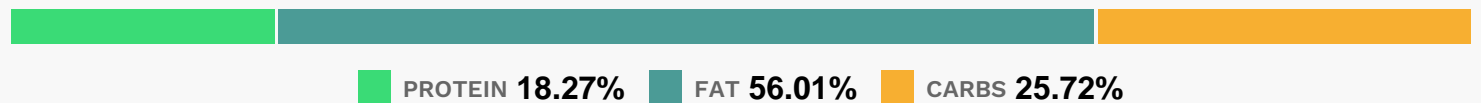
Arrange cauliflower, celery, and carrot in a steamer basket over boiling water. Cover and steam 10 minutes or until crisp-tender; drain.

Cook soup and milk in large saucepan over medium heat, stirring occasionally, 5 minutes. Stir in cheese until melted.

Add steamed vegetables, salt, and pepper; cook until thoroughly heated.

Sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:66.46, Glycemic Load:5.62, Inflammation Score:-10, Nutrition Score:17.240434853927%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 258.19kcal (12.91%), Fat: 16.5g (25.39%), Saturated Fat: 8g (49.97%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 14.03g (5.1%), Sugar: 6.78g (7.54%), Cholesterol: 41.76mg (13.92%), Sodium: 937.53mg (40.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.22%), Vitamin A: 9154.79IU (183.1%), Vitamin C: 26.92mg (32.64%), Calcium: 317.85mg (31.78%), Phosphorus: 259.8mg (25.98%), Vitamin B2: 0.33mg (19.19%), Vitamin K: 19.88µg (18.93%), Selenium: 11.11µg (15.87%), Potassium: 496.45mg (14.18%), Vitamin B6: 0.26mg (12.79%), Manganese: 0.25mg (12.46%), Zinc: 1.85mg (12.31%), Fiber: 3.03g (12.11%), Folate: 46.03µg (11.51%), Vitamin E: 1.58mg (10.55%), Vitamin B12: 0.63µg (10.5%), Vitamin B5: 1mg (10.04%), Iron: 1.64mg (9.1%), Magnesium: 34.9mg (8.72%), Copper: 0.16mg (8.2%), Vitamin B1: 0.11mg (7.63%), Vitamin B3: 1.29mg (6.43%), Vitamin D: 0.84µg (5.61%)