



food
network

Cauliflower Soup

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



476 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 head cauliflower cut into bite-size pieces
- 4 cups chicken stock see
- 0.3 cup flour all-purpose
- 1 tablespoon sage fresh minced
- 2 cups heavy cream
- 1 medium leek white chopped
- 1 medium potatoes diced peeled
- 1 leaves freshly tarragon chopped for garnish

4 tablespoons butter unsalted

Equipment

food processor

bowl

sauce pan

ladle

blender

Directions

In a large, heavy bottom saucepan over medium heat add the butter and leeks and cook until the leeks are tender, 5 to 7 minutes. Once the leeks are tender add the flour, stirring well and cook until all of the flour has been incorporated.

Add the stock, cauliflower and the potato and bring the mixture to a boil. Once boiling, reduce the heat to medium-low and simmer for 15 to 20 minutes.

Remove from the heat, and let cool for about 5 minutes.

Add the soup, in batches, to a food processor or blender and puree. Return the soup to the original saucepan over medium-high heat, add the cream and bring to a simmer. Reduce the heat to low and simmer for 10 to 12 minutes to allow the soup to thicken. Stir in the sage. Ladle the soup into serving bowls and garnish with tarragon or chives.

Nutrition Facts



PROTEIN 8.03% **FAT 71.24%** **CARBS 20.73%**

Properties

Glycemic Index:48.79, Glycemic Load:9, Inflammation Score:-8, Nutrition Score:20.796956435494%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 475.89kcal (23.79%), Fat: 38.6g (59.38%), Saturated Fat: 23.74g (148.35%), Carbohydrates: 25.27g (8.42%), Net Carbohydrates: 22.07g (8.03%), Sugar: 7.55g (8.39%), Cholesterol: 114.51mg (38.17%), Sodium: 285.43mg (12.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.58%), Copper: 3.23mg (161.55%), Vitamin C: 55.91mg (67.77%), Vitamin A: 1664.82IU (33.3%), Vitamin K: 26.03µg (24.79%), Vitamin B2: 0.39mg (23.09%), Folate: 91.6µg (22.9%), Vitamin B6: 0.45mg (22.54%), Manganese: 0.43mg (21.72%), Potassium: 727.2mg (20.78%), Vitamin B3: 3.84mg (19.18%), Phosphorus: 165.98mg (16.6%), Vitamin B1: 0.2mg (13.48%), Fiber: 3.2g (12.8%), Selenium: 8.6µg (12.29%), Magnesium: 42.72mg (10.68%), Calcium: 104.25mg (10.42%), Iron: 1.86mg (10.33%), Vitamin B5: 1mg (10%), Vitamin D: 1.41µg (9.4%), Vitamin E: 1.21mg (8.09%), Zinc: 0.87mg (5.79%), Vitamin B12: 0.14µg (2.38%)