



Cauliflower Soup and Garlic and Cheese Sourdough

READY IN



35 min.

SERVINGS



6

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 small heads cauliflower cut into small bunches of florets
- ☐ 3 ribs celery and leafy tops from the heart of stalk finely chopped
- ☐ 6 servings cheddar and parmesan grated
- ☐ 1 quart chicken broth
- ☐ 6 servings coarse salt and coarse pepper black
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons parsley leaves fresh chopped for garnish

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup half-and-half whole
- ☐ 6 servings hot sauce
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 6 servings paprika
- ☐ 0.5 cup parmesan grated for passing at the table
- ☐ 3 sandwich size sourdough muffins split english recommended: Thomas' brand

Equipment

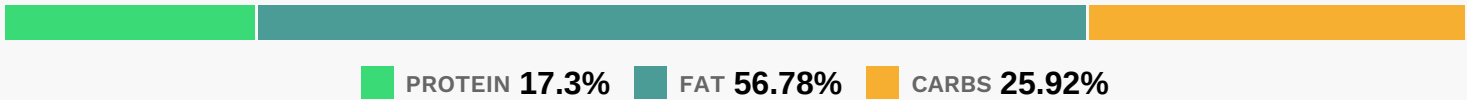
- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ wooden spoon
- ☐ broiler

Directions

- ☐ In a large pot, heat up the olive oil and 2 tablespoons of the butter, over medium heat. Season with salt and pepper.
- ☐ Add the cauliflower florets and stir with a wooden spoon.
- ☐ Add celery, onion and thyme and cook for 3 minutes. Push the vegetables to 1 side of the pot. Melt 1 more tablespoon of butter on empty side of pot and add flour to the butter. Cook for 1 minute, stirring the flour in the butter.
- ☐ Mix in chicken broth and half-and-half. Bring up to a simmer and cook for 15 minutes. Puree soup using an emersion blender, food processor or blender and return to pot. I like to leave it a little chunky. Check seasoning and add a dash of hot sauce, if desired.

- ☐ Garnish soup with hot pepper sauce, chopped parsley or chives and serve with gratedcheese to sprinkle on top.
- ☐ Preheat broiler.
- ☐ Toast English muffin halves and then place on a cookie sheet. In a small saucepan, melt the butter with the garlic over low heat.
- ☐ Brush toasted muffins with garlic butter and top with lots of grated cheddar and Parmesan cheeses.
- ☐ Sprinkle a little paprika over toasts, then place under broiler until cheeses are melted and browned.
- ☐ Serve cheesy toasts with soup for dipping.

Nutrition Facts



Properties

Glycemic Index:71.67, Glycemic Load:2.99, Inflammation Score:-10, Nutrition Score:16.031739255656%

Flavonoids

Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg, Apigenin: 4.39mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 369.31kcal (18.47%), Fat: 23.58g (36.28%), Saturated Fat: 12.07g (75.41%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 22.06g (8.02%), Sugar: 4.34g (4.82%), Cholesterol: 58.75mg (19.58%), Sodium: 1330.9mg (57.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.17g (32.33%), Calcium: 418.56mg (41.86%), Vitamin A: 1876.88IU (37.54%), Vitamin K: 37.75µg (35.95%), Selenium: 24.12µg (34.46%), Phosphorus: 291.77mg (29.18%), Vitamin B2: 0.46mg (27.25%), Manganese: 0.34mg (16.78%), Vitamin B1: 0.24mg (16.22%), Zinc: 2.09mg (13.92%), Iron: 2.3mg (12.76%), Folate: 47.69µg (11.92%), Vitamin B12: 0.68µg (11.35%), Vitamin B3: 2.08mg (10.42%), Vitamin E: 1.55mg (10.33%), Vitamin C: 8.18mg (9.91%), Magnesium: 36.98mg (9.24%), Fiber: 2.15g (8.6%), Potassium: 257.46mg (7.36%), Vitamin B6: 0.15mg (7.32%), Copper: 0.13mg (6.3%), Vitamin B5: 0.56mg (5.6%), Vitamin D: 0.67µg (4.46%)