



WHATSheATE



HEALTH SCORE

55%

Cauliflower Soup: Minestra di Cavolofiore



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 bay leaves



1 tablespoon peppercorns black



3 carrots coarsely chopped



2 pounds cauliflower cut into florets



4 ribs celery coarsely chopped



3.5 pounds chicken wings



2 cloves garlic sliced



0.3 cup olive oil extra-virgin

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 onions coarsely chopped
- ☐ 1 bunch parsley stems
- ☐ 1 pinch pepper flakes red
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons tomato paste
- ☐ 1 cup tomatoes crushed
- ☐ 1 pound mezza ziti (half-sized ziti)

Equipment

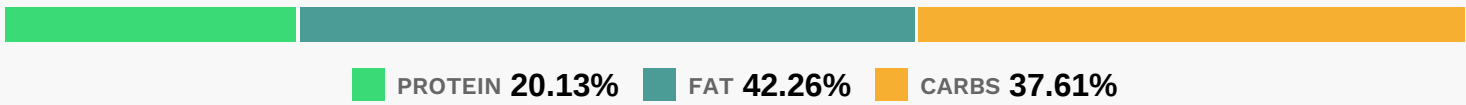
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt.
- ☐ In a separate stockpot, heat the olive oil over medium-high heat, and add the cauliflower. Stir over high heat for 5 minutes, seasoning until the cauliflower is just beginning to get tender.
- ☐ Add the chicken stock, garlic, bay leaves, tomatoes, pepper flakes, and salt and pepper, to taste, and bring to a boil. Reduce to a simmer and cook until the cauliflower is tender, about 15 minutes.
- ☐ Add water if necessary to ensure that all the cauliflower is submerged in hot liquid.
- ☐ Add the ziti to the boiling water and cook until not quite done.
- ☐ Drain and add to the simmering soup to finish cooking. Season with salt and pepper, and serve.
- ☐ In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- ☐ Add all the chicken parts and brown all over, stirring to avoid burning.
- ☐ Remove the chicken and reserve.

- ☐
- Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- ☐
- Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.

Nutrition Facts



Properties

Glycemic Index:59.47, Glycemic Load:27.54, Inflammation Score:-10, Nutrition Score:41.819565158823%

Flavonoids

Apigenin: 21.29mg, Apigenin: 21.29mg, Apigenin: 21.29mg, Apigenin: 21.29mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin: 1.45mg Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg, Quercetin: 8.47mg

Nutrients (% of daily need)

Calories: 813.71kcal (40.69%), Fat: 38.48g (59.2%), Saturated Fat: 8.79g (54.93%), Carbohydrates: 77.08g (25.69%), Net Carbohydrates: 67.98g (24.72%), Sugar: 10.79g (11.99%), Cholesterol: 110.02mg (36.67%), Sodium: 493.58mg (21.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.24g (82.48%), Vitamin K: 205.03µg (195.27%), Vitamin A: 6410.37IU (128.21%), Vitamin C: 97.06mg (117.65%), Selenium: 71.92µg (102.74%), Manganese: 1.41mg (70.48%), Vitamin B3: 11.76mg (58.78%), Vitamin B6: 1.09mg (54.51%), Phosphorus: 452.81mg (45.28%), Potassium: 1315.75mg (37.59%), Folate: 148.57µg (37.14%), Fiber: 9.1g (36.41%), Magnesium: 116.95mg (29.24%), Vitamin B5: 2.81mg (28.1%), Iron: 4.74mg (26.35%), Zinc: 3.82mg (25.48%), Copper: 0.51mg (25.32%), Vitamin E: 3.71mg (24.74%), Vitamin B2: 0.35mg (20.44%), Vitamin B1: 0.3mg (20.02%), Calcium: 133.98mg (13.4%), Vitamin B12: 0.46µg (7.62%)