



Cauliflower Soup with Pecorino Romano and Truffle Oil

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



293 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ounces applewood-smoked bacon chopped ()
- ☐ 6 cups pieces cauliflower (cut from 1 large head)
- ☐ 0.8 cup celery chopped
- ☐ 2 garlic cloves chopped
- ☐ 0.5 cup heavy whipping cream
- ☐ 3.5 cups low-salt chicken broth ()
- ☐ 1 cup onion chopped

- ☐ 0.8 inch pecorino romano cheese plus additional cheese shavings for serving
- ☐ 6 servings truffle oil white black (for drizzling)

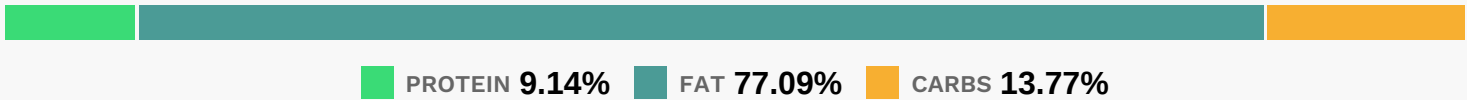
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Saut  bacon in heavy large saucepan over medium heat until golden brown and some fat renders.
- ☐ Add onion, celery, and garlic. Cover and cook until vegetables are soft, stirring occasionally, about 7 minutes.
- ☐ Add cauliflower, 3 1/2 cups broth, and cheese cube. Bring to boil. Reduce heat to medium low, cover, and simmer until cauliflower is tender, about 20 minutes.
- ☐ Puree soup in batches in processor. Return to same pan.
- ☐ Add cream and bring soup to simmer. Thin with more broth by 1/4 cupfuls if desired. Season with salt and pepper. Do ahead Can be made 1 day ahead. Cool slightly; cover and chill. Rewarm before continuing.
- ☐ Ladle soup into bowls.
- ☐ Sprinkle with cheese shavings; drizzle with truffle oil.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:1.65, Inflammation Score: 6, Nutrition Score:11.727391429569%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 292.78kcal (14.64%), Fat: 26.16g (40.24%), Saturated Fat: 8.2g (51.24%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 7.84g (2.85%), Sugar: 3.98g (4.42%), Cholesterol: 28.98mg (9.66%), Sodium: 154.64mg (6.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin C: 51mg (61.81%), Vitamin K: 28.39µg (27.04%), Folate: 67.46µg (16.86%), Vitamin E: 2.36mg (15.73%), Potassium: 531.13mg (15.18%), Vitamin B3: 2.86mg (14.32%), Vitamin B6: 0.28mg (14.19%), Phosphorus: 125.12mg (12.51%), Manganese: 0.22mg (11.02%), Fiber: 2.68g (10.71%), Vitamin B2: 0.16mg (9.58%), Vitamin B5: 0.84mg (8.41%), Vitamin A: 353.67IU (7.07%), Copper: 0.13mg (6.66%), Vitamin B1: 0.1mg (6.47%), Magnesium: 23.33mg (5.83%), Calcium: 57.58mg (5.76%), Iron: 0.95mg (5.26%), Selenium: 3.47µg (4.95%), Zinc: 0.65mg (4.32%), Vitamin B12: 0.22µg (3.67%), Vitamin D: 0.36µg (2.38%)