



## Cauliflower Soup with Seared Scallops, Lemon Oil, and American Caviar

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 ounce caviar white (30-g)
- 6 servings kosher salt
- 6 servings chives fresh finely chopped
- 1 garlic clove sliced
- 1 leek white green cut into 1/8-inch-thick rounds ( and pale parts only)
- 6 teaspoons lemon infused olive oil
- 1.5 cups chicken broth

- 6 scallops dry
- 3 tablespoons vegetable oil divided
- 1.5 cups whipping cream
- 1 cup onion white chopped
- 6 servings pepper white freshly ground

## Equipment

- bowl
- frying pan
- sauce pan
- ladle
- blender

## Directions

- Heat 2 tablespoons oil in heavy large saucepan over medium heat.
- Add onion and garlic. Sauté until onion is soft, about 5 minutes.
- Add cauliflower, broth, and cream. Bring soup to boil. Reduce heat to low, partially cover, and simmer gently until cauliflower is tender, about 18 minutes. Puree soup in small batches in blender until smooth. Return to same saucepan. Season soup with kosher salt and white pepper. Do ahead Can be made 1 day ahead. Cool slightly. Cover and chill. Rewarm before serving.
- Blanch leek in small saucepan of boiling salted water 1 minute; drain.
- Place some of leek in center of each bowl.
- Heat remaining 1 tablespoon oil in medium skillet over high heat.
- Sprinkle scallops with salt and pepper. Sear until brown and just opaque in center, about 1 1/2 minutes per side.
- Place 1 scallop on leek in each bowl; top scallop with caviar. Ladle soup around scallop, drizzle with 1 teaspoon lemon oil, and sprinkle with chives.

## Nutrition Facts



■ PROTEIN 8.02% ■ FAT 80.8% ■ CARBS 11.18%

## Properties

Glycemic Index:22.33, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:8.8608695320461%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

## Nutrients (% of daily need)

Calories: 321.36kcal (16.07%), Fat: 29.68g (45.66%), Saturated Fat: 15.07g (94.19%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 7.96g (2.9%), Sugar: 3.55g (3.94%), Cholesterol: 98.62mg (32.87%), Sodium: 361.48mg (15.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.26%), Vitamin A: 1209.24IU (24.18%), Vitamin K: 23.65µg (22.53%), Vitamin B12: 1.31µg (21.84%), Phosphorus: 136.92mg (13.69%), Manganese: 0.21mg (10.49%), Vitamin B2: 0.18mg (10.41%), Selenium: 7.22µg (10.32%), Vitamin E: 1.34mg (8.91%), Iron: 1.48mg (8.24%), Magnesium: 31.4mg (7.85%), Calcium: 77.65mg (7.77%), Vitamin D: 1.09µg (7.26%), Vitamin B6: 0.13mg (6.45%), Vitamin C: 5.27mg (6.38%), Potassium: 218.67mg (6.25%), Folate: 22.97µg (5.74%), Vitamin B3: 1.06mg (5.31%), Fiber: 1.28g (5.12%), Copper: 0.09mg (4.74%), Vitamin B5: 0.41mg (4.09%), Zinc: 0.48mg (3.21%), Vitamin B1: 0.05mg (3.02%)