



Cauliflower Soup with Shiitakes

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



135 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 teaspoons butter
- ☐ 4 cups cauliflower florets coarsely chopped (1 medium head)
- ☐ 1.5 cups chicken stock see unsalted divided (such as Swanson)
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.4 teaspoon kosher salt divided
- ☐ 0.8 cup leek light white green thinly sliced
- ☐ 0.3 cup milk 2% reduced-fat

- ☐ 1 teaspoon lower-sodium worcestershire sauce
- ☐ 4 teaspoons olive oil extra-virgin divided
- ☐ 1 teaspoon sherry vinegar
- ☐ 3.5 ounce shiitake mushroom caps
- ☐ 0.8 cup water
- ☐ 0.3 teaspoon pepper white

Equipment

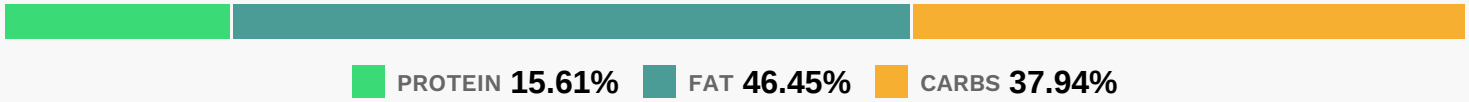
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat a large saucepan over high heat.
- ☐ Add 2 teaspoons oil to pan; swirl to coat.
- ☐ Add leek; saut 1 minute.
- ☐ Add 1/8 teaspoon salt. Cover, reduce heat to low, and cook 5 minutes or until leeks are softened, stirring occasionally.
- ☐ Add cauliflower, 1 cup and 6 tablespoons stock, 3/4 cup water, and thyme. Bring to a boil; cover, reduce heat, and simmer 7 minutes or until cauliflower is very tender.
- ☐ Place cauliflower mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return to saucepan. Stir in remaining 1/4 teaspoon salt, milk, butter, and pepper. Keep warm.
- ☐ Thinly slice mushroom caps.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add remaining 2 teaspoons oil to pan, and swirl to coat.
- ☐ Add mushrooms; saut 6 minutes or until browned.

- ☐ Add remaining 2 tablespoons stock, Worcestershire sauce, and sherry vinegar. Cook 1 minute or until liquid is reduced and syrupy.
- ☐ Spoon about 1 cup soup into each of 4 bowls. Top each serving with about 2 tablespoons mushroom mixture.
- ☐ Sprinkle evenly with parsley.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:2, Inflammation Score:-8, Nutrition Score:12.420869539613%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 134.98kcal (6.75%), Fat: 7.36g (11.33%), Saturated Fat: 2.13g (13.33%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 10.44g (3.8%), Sugar: 5.47g (6.08%), Cholesterol: 7.91mg (2.64%), Sodium: 423.29mg (18.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.13%), Vitamin C: 52.31mg (63.4%), Vitamin K: 26.93µg (25.64%), Folate: 76.86µg (19.21%), Vitamin B6: 0.36mg (17.99%), Manganese: 0.32mg (15.91%), Potassium: 539.08mg (15.4%), Vitamin B3: 3mg (15.01%), Vitamin B2: 0.23mg (13.54%), Fiber: 3.09g (12.38%), Phosphorus: 118.25mg (11.83%), Vitamin B5: 1.12mg (11.21%), Magnesium: 32.33mg (8.08%), Copper: 0.16mg (8.04%), Vitamin A: 395.69IU (7.91%), Iron: 1.37mg (7.61%), Vitamin B1: 0.1mg (6.85%), Selenium: 4.56µg (6.51%), Calcium: 60.83mg (6.08%), Vitamin E: 0.89mg (5.91%), Zinc: 0.77mg (5.15%), Vitamin B12: 0.08µg (1.36%)