



Cheddar Cauliflower Soup



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups carrots peeled chopped
- ☐ 1 large head cauliflower stemmed chopped
- ☐ 6 ounces cheddar cheese grated
- ☐ 4 cups chicken broth
- ☐ 0.3 teaspoon dill weed dried
- ☐ 3 cloves garlic smashed
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 pinch ground mustard

- ☐ 1 tablespoon olive oil
- ☐ 1 onion roughly chopped
- ☐ 2 cups potatoes cubed peeled

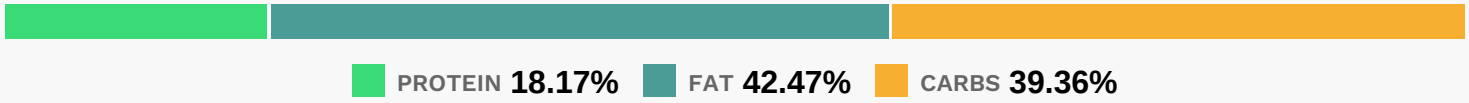
Equipment

- ☐ food processor
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Heat olive oil in a large pot over medium heat; cook and stir onion and garlic until onion is transparent, 5 to 7 minutes.
- ☐ Stir chicken broth, potatoes, and carrots into onion mixture. Bring to a boil, reduce heat to medium-low, and simmer until carrots and potatoes are tender, 10 to 15 minutes.
- ☐ Strain vegetables from chicken broth with a slotted spoon. Puree vegetables in a food processor, working in batches.
- ☐ Return pureed vegetables to broth and bring to a simmer.
- ☐ Stir cauliflower, dill, and mustard powder into broth mixture.
- ☐ Stir Cheddar cheese into broth mixture, in small batches, until cheese is melted, 5 to 10 minutes. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:46.43, Glycemic Load:12.35, Inflammation Score:-10, Nutrition Score:23.882608760958%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.08mg, Quercetin: 5.08mg,

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Nutrients (% of daily need)

Calories: 262.86kcal (13.14%), Fat: 12.95g (19.92%), Saturated Fat: 6.01g (37.58%), Carbohydrates: 27g (9%), Net Carbohydrates: 21.07g (7.66%), Sugar: 6.81g (7.57%), Cholesterol: 31.48mg (10.49%), Sodium: 843.44mg (36.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.47g (24.93%), Vitamin A: 7420.03IU (148.4%), Vitamin C: 85.64mg (103.81%), Vitamin K: 31.02µg (29.54%), Vitamin B6: 0.58mg (29.24%), Folate: 108.88µg (27.22%), Calcium: 268.56mg (26.86%), Potassium: 936.6mg (26.76%), Manganese: 0.53mg (26.36%), Phosphorus: 261.92mg (26.19%), Fiber: 5.93g (23.72%), Vitamin B2: 0.36mg (20.94%), Selenium: 10.4µg (14.86%), Vitamin B5: 1.42mg (14.23%), Vitamin B1: 0.21mg (13.89%), Magnesium: 54.62mg (13.66%), Zinc: 1.89mg (12.63%), Vitamin B3: 2.27mg (11.33%), Copper: 0.2mg (9.82%), Iron: 1.54mg (8.55%), Vitamin E: 1.03mg (6.84%), Vitamin B12: 0.33µg (5.53%), Vitamin D: 0.17µg (1.13%)