



Chilled Carrot and Cauliflower Soup

 Vegetarian  Gluten Free

READY IN



205 min.

SERVINGS



4

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 medium carrots peeled coarsely chopped
- ☐ 0.5 head cauliflower cut into florets
- ☐ 1 green onion finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 teaspoons lemon zest
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup yogurt plain divided

- ☐ 1 teaspoon pepper flakes red
- ☐ 2 cups vegetable stock
- ☐ 1 onion yellow chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ Heat the oil in large pot over medium heat.
- ☐ Add the onions and cook until tender, about 5 minutes.
- ☐ Add the carrots, cauliflower, red pepper flakes, lemon zest, cumin, stock, and 2 cups water and bring to a boil. Cover and simmer over low heat until the carrots are very tender, about 30 to 40 minutes.
- ☐ Let the soup cool slightly, and then blend until smooth, working in batches.
- ☐ Pour the soup into a large bowl and whisk in 1/2 cup of the yogurt. Taste and season with salt and pepper. Chill the soup in the refrigerator for at least 2 hours up to 24 hours.
- ☐ Serve the soup in individual bowls with dollops of remaining yogurt, and some chopped green onion.
- ☐ Remove liquid from the heat and allow to cool for at least 5 minutes.
- ☐ Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions.
- ☐ Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Nutrition Facts



 **PROTEIN 12.12%**  **FAT 36.18%**  **CARBS 51.7%**

Properties

Glycemic Index:59.71, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:15.552173917708%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 130.03kcal (6.5%), Fat: 5.6g (8.61%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 18g (6%), Net Carbohydrates: 13.53g (4.92%), Sugar: 9.45g (10.5%), Cholesterol: 5.97mg (1.99%), Sodium: 576.08mg (25.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Vitamin A: 13220.19IU (264.4%), Vitamin C: 43.3mg (52.49%), Vitamin K: 30.44µg (28.99%), Fiber: 4.48g (17.9%), Potassium: 600.19mg (17.15%), Folate: 66.15µg (16.54%), Vitamin B6: 0.3mg (15.08%), Manganese: 0.3mg (15.02%), Phosphorus: 115.31mg (11.53%), Calcium: 113.17mg (11.32%), Vitamin B2: 0.17mg (9.98%), Vitamin B5: 0.91mg (9.11%), Vitamin E: 1.33mg (8.83%), Vitamin B1: 0.12mg (7.93%), Magnesium: 31.69mg (7.92%), Vitamin B3: 1.28mg (6.41%), Iron: 1.11mg (6.17%), Zinc: 0.76mg (5.04%), Copper: 0.09mg (4.56%), Vitamin B12: 0.17µg (2.83%), Selenium: 1.81µg (2.59%)