



Cold Cauliflower Soup with Bacon and Croutons

READY IN



180 min.

SERVINGS



4

CALORIES



918 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound applewood-smoked bacon thick-cut
- 1.5 pounds cauliflower cut into 1-inch pieces
- 2 ribs celery chopped
- 1 tablespoon thyme leaves fresh chopped
- 2 cloves garlic coarsely chopped
- 0.5 teaspoon kosher salt
- 4 servings kosher salt and pepper freshly ground
- 4 cups chicken broth low-sodium

- 0.3 cup olive oil extra-virgin
- 0.3 teaspoon pepper freshly ground
- 2 small shallots thinly sliced
- 8 ounces sourdough bread cut into 1/2-inch cubes
- 3 tablespoons butter unsalted at room temperature

Equipment

- food processor
- bowl
- baking sheet
- paper towels
- sauce pan
- ladle
- oven
- dutch oven
- immersion blender

Directions

- Watch how to make this recipe.
- For the croutons: Position a rack in the center of the oven and preheat the oven to 400 degrees F. Arrange the bread cubes in a single layer on a rimmed baking sheet.
- Drizzle with the olive oil.
- Sprinkle the thyme on top and season with the salt and pepper if using. Toss until coated.
- Bake until golden and crisp, 10 to 12 minutes. Set aside to cool.
- For the bacon: On another baking sheet, arrange the bacon in a single layer.
- Bake until browned and crisp, 15 to 17 minutes.
- Drain on paper towels. When cool enough to handle, chop into 1/2-inch pieces and set aside.
- For the soup: In a large saucepan or Dutch oven, melt the butter over medium-high heat.

- Add the celery, shallots, 1 teaspoon salt and 1/4 teaspoon pepper, and cook until soft, about 4 minutes.
- Add the garlic and cook until aromatic, about 30 seconds. Stir in the chicken broth, thyme and cauliflower. Bring the mixture to a boil. Reduce the heat to a simmer, cover and cook until the vegetables are tender, 20 to 25 minutes.
- In batches, puree the soup in a food processor until smooth. Season with salt and pepper. Cool the soup to room temperature, then refrigerate until ready to serve, at least 2 hours.
- Ladle the chilled soup into bowls and garnish with the croutons and bacon.
- Cook's Note: The soup can also be blended using an immersion blender.

Nutrition Facts

PROTEIN 12.5%

FAT 67.85%

CARBS 19.65%

Properties

Glycemic Index:70.38, Glycemic Load:25.14, Inflammation Score:-10, Nutrition Score:30.90608710828%

Flavonoids

Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 918.12kcal (45.91%), Fat: 70.38g (108.27%), Saturated Fat: 23.3g (145.62%), Carbohydrates: 45.87g (15.29%), Net Carbohydrates: 40.19g (14.62%), Sugar: 7.45g (8.28%), Cholesterol: 97.42mg (32.47%), Sodium: 1717.69mg (74.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.17g (58.33%), Vitamin C: 86.88mg (105.3%), Selenium: 40.58µg (57.98%), Vitamin B3: 11.53mg (57.63%), Vitamin B1: 0.82mg (54.45%), Folate: 179.31µg (44.83%), Vitamin K: 41.81µg (39.82%), Vitamin B6: 0.78mg (39.11%), Phosphorus: 387.64mg (38.76%), Manganese: 0.7mg (35.16%), Potassium: 1117.26mg (31.92%), Vitamin B2: 0.53mg (31.44%), Iron: 4.51mg (25.04%), Fiber: 5.68g (22.71%), Vitamin B5: 2.07mg (20.68%), Vitamin E: 2.99mg (19.95%), Zinc: 2.76mg (18.4%), Copper: 0.36mg (17.82%), Magnesium: 68.06mg (17.02%), Vitamin B12: 0.82µg (13.68%), Calcium: 107.95mg (10.8%), Vitamin A: 478.61IU (9.57%), Vitamin D: 0.61µg (4.07%)