



Cream of Cauliflower and Stilton Soup



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



238 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 baking potato thinly sliced
- ☐ 1 teaspoon pepper black
- ☐ 1 head cauliflower chopped
- ☐ 3 stalks celery chopped
- ☐ 2 cups chicken broth
- ☐ 0.3 cup cooking sherry dry
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cloves garlic chopped

- ☐ 0.5 cup heavy cream
- ☐ 1 leek chopped
- ☐ 0.5 cup milk
- ☐ 1 teaspoon salt
- ☐ 3 ounces stilton cheese
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon pepper white
- ☐ 1 onion yellow chopped

Equipment

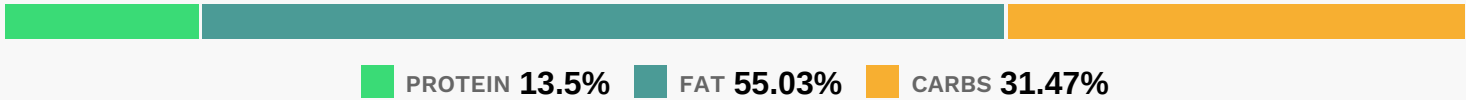
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Separate 3/4 cup of the cauliflower florets and place them in a pan of boiling water. Boil for 2 to 3 minutes, then rinse under cold water, and set aside for garnish.
- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion, garlic, leek and celery. Cook, stirring, until tender, about 5 minutes.
- ☐ Add potato, chicken broth, uncooked cauliflower and sherry. Bring to a boil, then simmer over low heat, stirring occasionally until potatoes and cauliflower are tender.
- ☐ Remove from heat.
- ☐ Puree the cauliflower mixture in batches using a food processor or blender, and transfer to a soup pot over medium-low heat. I like it smooth but still with little tiny bits in it. Season with white pepper, black pepper and salt. Stir in the milk and cream, then crumble in the Stilton cheese.

- ☐ Heat through, but do not boil.
- ☐ Ladle into bowls, and garnish with cauliflower pieces and chopped fresh parsley.

Nutrition Facts



Properties

Glycemic Index:63.63, Glycemic Load:7.66, Inflammation Score:-8, Nutrition Score:17.01608699301%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 5.99mg, Apigenin: 5.99mg, Apigenin: 5.99mg, Apigenin: 5.99mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 238.01kcal (11.9%), Fat: 14.75g (22.69%), Saturated Fat: 8.11g (50.71%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 15.42g (5.61%), Sugar: 5.77g (6.41%), Cholesterol: 37.05mg (12.35%), Sodium: 906.67mg (39.42%), Alcohol: 1.03g (100%), Alcohol %: 0.39% (100%), Protein: 8.14g (16.28%), Vitamin K: 75.21µg (71.62%), Vitamin C: 55.8mg (67.63%), Manganese: 0.45mg (22.42%), Folate: 89.69µg (22.42%), Vitamin B6: 0.43mg (21.7%), Vitamin A: 984.52IU (19.69%), Potassium: 669.49mg (19.13%), Phosphorus: 172.92mg (17.29%), Calcium: 171.5mg (17.15%), Vitamin B2: 0.26mg (15.4%), Fiber: 3.55g (14.21%), Vitamin B5: 1.24mg (12.42%), Magnesium: 41.98mg (10.49%), Vitamin B1: 0.14mg (9.3%), Iron: 1.5mg (8.33%), Zinc: 1.06mg (7.06%), Copper: 0.14mg (7.03%), Vitamin B3: 1.4mg (7.02%), Selenium: 4.57µg (6.53%), Vitamin B12: 0.33µg (5.5%), Vitamin E: 0.74mg (4.95%), Vitamin D: 0.61µg (4.08%)