

Cream of Cauliflower Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



203 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 340 g baking potatoes diced peeled
- ☐ 0.3 cup butter
- ☐ 675 g cauliflower trimmed to small florets (1 head)
- ☐ 2 cups chicken stock see
- ☐ 1.5 tablespoons dijon mustard to taste
- ☐ 2 cups cooking wine dry white
- ☐ 0.3 cup heavy cream fat free sour low fat (can use no fat creamer or milk)
- ☐ 1 large leek

- ☐ 8 servings nutmeg grated
- ☐ 8 servings salt to taste
- ☐ 1 shallots minced
- ☐ 4 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Trim root end and tough, green leaves from leek.2 Quarter the leek lengthwise leaving attached at root end, and wash well under running water, pulling leaves apart to remove all grime.3 Slice the leek thinly.4
- ☐ Combine leek and butter in soup pot.5 Cover and heat slowly over a medium heat, stirring occasionally to keep from sticking.6 Cook ten minutes, then add shallot.7 Continue cooking, covered, stirring occasionally until leek is very soft, about 10 more minutes.8 Increase heat to medium-high and add wine.9 Cook, stirring, until wine has reduced by about half.10
- ☐ Add cauliflower and potato, stirring until coated with leek mixture.11
- ☐ Add chicken stock and water, cover and bring to a boil-- about 5 minutes-- and cauliflower should mash with a spoon.12
- ☐ Remove half the soup to a blender.13
- ☐ Add half of mustard and sour cream, pulse to grind, then increase to puree.14
- ☐ Remove to clean saucepan and repeat process in blender with remaining cauliflower mixture, mustard and sour cream.15 Bring back to simmer-- do not allow to boil or sour cream will curdle-- and season to taste with salt and additional mustard.16 Ladle into bowls and grate fresh nutmeg over top.

Nutrition Facts



Properties

Glycemic Index:43.22, Glycemic Load:8.06, Inflammation Score:-6, Nutrition Score:11.233478476172%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 202.9kcal (10.15%), Fat: 7.6g (11.69%), Saturated Fat: 4.49g (28.06%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 16.84g (6.12%), Sugar: 4.72g (5.25%), Cholesterol: 17.7mg (5.9%), Sodium: 405.55mg (17.63%), Alcohol: 6.18g (100%), Alcohol %: 1.96% (100%), Protein: 4.85g (9.7%), Vitamin C: 44.87mg (54.38%), Vitamin B6: 0.41mg (20.6%), Manganese: 0.4mg (20.03%), Vitamin K: 20µg (19.04%), Folate: 68.55µg (17.14%), Potassium: 587.8mg (16.79%), Fiber: 3.08g (12.31%), Phosphorus: 109.1mg (10.91%), Magnesium: 41.66mg (10.42%), Vitamin B3: 1.98mg (9.9%), Vitamin B2: 0.14mg (8.52%), Copper: 0.17mg (8.52%), Vitamin B1: 0.13mg (8.34%), Vitamin A: 387.44IU (7.75%), Iron: 1.39mg (7.71%), Vitamin B5: 0.76mg (7.59%), Calcium: 58.82mg (5.88%), Selenium: 3.65µg (5.21%), Zinc: 0.65mg (4.32%), Vitamin E: 0.37mg (2.45%)