



Cream of Cauliflower Soup II

 **Gluten Free**

READY IN



60 min.

SERVINGS



6

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 2 carrots chopped
- 1 head cauliflower chopped
- 29 ounce chicken broth canned
- 1 tablespoon sherry dry
- 1 tablespoon parsley fresh chopped
- 4 cloves garlic minced
- 0.1 teaspoon nutmeg

- 0.5 teaspoon pepper black
- 1 cup milk
- 1 large onion chopped
- 2 large potatoes cubed peeled
- 1 teaspoon salt

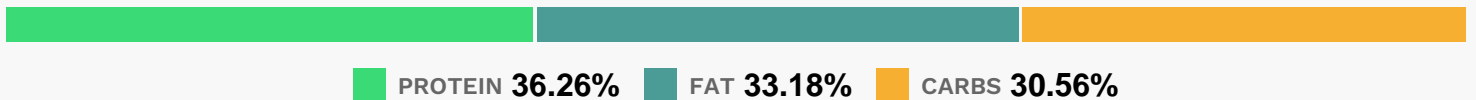
Equipment

- food processor
- pot
- blender
- immersion blender

Directions

- In a large pot over medium heat, melt butter. Stir in onion and garlic and cook until onion is translucent, about 5 minutes. Stir in potatoes and carrots and cook 5 minutes more.
- Pour in chicken broth and bring to a boil. Stir in cauliflower, cover, reduce heat and simmer until vegetables are tender, 10 to 20 minutes.
- Remove from heat.
- Puree in batches in a blender or food processor, or in the pot using an immersion blender. Return to low heat and stir in milk, salt, pepper, nutmeg and sherry.
- Heat through.
- Serve garnished with parsley.

Nutrition Facts



Properties

Glycemic Index:76.1, Glycemic Load:18.76, Inflammation Score:-10, Nutrition Score:27.261739025945%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 454.26kcal (22.71%), Fat: 16.67g (25.65%), Saturated Fat: 6.43g (40.17%), Carbohydrates: 34.57g (11.52%), Net Carbohydrates: 28.83g (10.48%), Sugar: 6.84g (7.59%), Cholesterol: 83.42mg (27.81%), Sodium: 1145.53mg (49.81%), Alcohol: 0.26g (100%), Alcohol %: 0.07% (100%), Protein: 41g (81.99%), Vitamin C: 74.98mg (90.89%), Vitamin A: 3882.17IU (77.64%), Vitamin B6: 0.91mg (45.49%), Selenium: 27.42µg (39.17%), Phosphorus: 382.73mg (38.27%), Potassium: 1193.63mg (34.1%), Vitamin K: 34.83µg (33.17%), Zinc: 4.34mg (28.94%), Vitamin B3: 5.37mg (26.86%), Vitamin B12: 1.6µg (26.63%), Manganese: 0.46mg (23.03%), Fiber: 5.73g (22.93%), Folate: 86.96µg (21.74%), Magnesium: 80.07mg (20.02%), Iron: 3.36mg (18.67%), Vitamin B2: 0.31mg (18.45%), Copper: 0.27mg (13.4%), Vitamin B1: 0.2mg (13.28%), Vitamin B5: 1.26mg (12.64%), Calcium: 124.45mg (12.44%), Vitamin E: 0.8mg (5.36%), Vitamin D: 0.58µg (3.9%)