



Cream of Cauliflower Soup with Saffron

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1.5 pounds cauliflower
- ☐ 6 servings chives fresh thinly sliced
- ☐ 0.8 cup half and half
- ☐ 2 cups low-salt chicken broth
- ☐ 2 cups onions chopped
- ☐ 0.1 teaspoon coarsely saffron threads crumbled
- ☐ 2 cups water

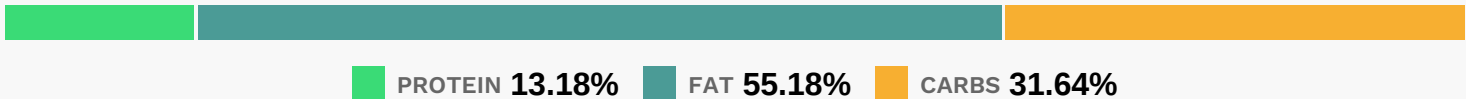
Equipment

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

Directions

- ☐ Combine 2 cups water and 2 cups low-salt chicken broth in medium saucepan. Bring mixture just to simmer.
- ☐ Remove from heat.
- ☐ Add saffron threads. Cover and steep 20 minutes.
- ☐ Melt 3 tablespoons butter in heavy medium pot over medium-low heat.
- ☐ Add chopped onions and sauté until very tender but not brown, about 10 minutes.
- ☐ Add cauliflower pieces; stir to coat.
- ☐ Add saffron broth. Bring to simmer over high heat. Reduce heat, cover, and simmer until cauliflower pieces are tender, about 20 minutes.
- ☐ Working in batches, puree cauliflower mixture in food processor until smooth.
- ☐ Transfer cauliflower puree to large saucepan. Stir in half and half and bring to simmer. Season to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate. Bring to simmer before serving.) Ladle soup into bowls.
- ☐ Garnish with sliced fresh chives and serve.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:2.19, Inflammation Score:-6, Nutrition Score:11.116086856179%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg, Quercetin: 11.49mg

Nutrients (% of daily need)

Calories: 152.39kcal (7.62%), Fat: 10.01g (15.39%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 9.71g (3.53%), Sugar: 5.8g (6.45%), Cholesterol: 25.64mg (8.55%), Sodium: 127.19mg (5.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Vitamin C: 59.46mg (72.07%), Vitamin K: 20.8µg (19.81%), Folate: 76.94µg (19.23%), Potassium: 529.19mg (15.12%), Vitamin B6: 0.3mg (14.86%), Fiber: 3.2g (12.8%), Manganese: 0.25mg (12.46%), Phosphorus: 119.96mg (12%), Vitamin B2: 0.17mg (9.9%), Vitamin B5: 0.92mg (9.2%), Vitamin B3: 1.76mg (8.78%), Calcium: 77.7mg (7.77%), Magnesium: 27.51mg (6.88%), Vitamin A: 326.62IU (6.53%), Vitamin B1: 0.09mg (6.1%), Copper: 0.12mg (6.1%), Iron: 0.79mg (4.37%), Zinc: 0.61mg (4.09%), Selenium: 1.99µg (2.85%), Vitamin B12: 0.15µg (2.47%), Vitamin E: 0.34mg (2.28%)