



Creamy Cauliflower and Bacon Soup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup asiago cheese shredded
- 2 pounds cauliflower cut into florets
- 4 bacon crumbled cooked
- 0.5 teaspoon nutmeg
- 2 cups half and half divided
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 0.5 cup water

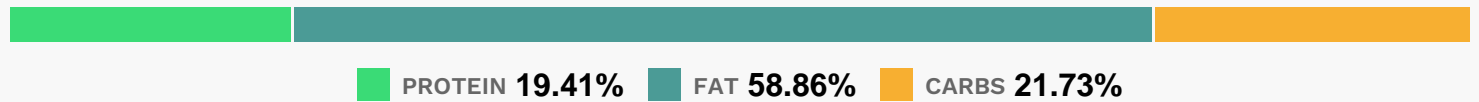
Equipment

- food processor
- sauce pan
- steamer basket

Directions

- Place cauliflower in a steamer basket; place in a large saucepan over 1 in. of water. Bring to a boil; cover and steam for 8–10 minutes or until tender. Cool slightly.
- Place cauliflower and 1/2 cup cream in a food processor; cover and process until pureed.
- Transfer to a large saucepan.
- Stir in the cheese, salt, nutmeg, pepper and remaining cream.
- Add enough water to reach desired consistency; heat through.
- Sprinkle each serving with bacon.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:2.32, Inflammation Score:-7, Nutrition Score:20.498260814211%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 303.12kcal (15.16%), Fat: 20.68g (31.81%), Saturated Fat: 11.88g (74.24%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 12.57g (4.57%), Sugar: 9.5g (10.56%), Cholesterol: 58.77mg (19.59%), Sodium: 768.72mg (33.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.69%), Vitamin C: 110.41mg (133.83%), Vitamin K: 37.04µg (35.28%), Folate: 133.98µg (33.49%), Phosphorus: 333.16mg (33.32%), Calcium: 330.05mg (33%), Vitamin B6: 0.53mg (26.63%), Potassium: 891.03mg (25.46%), Vitamin B2: 0.43mg (25.36%), Vitamin B5: 2.01mg (20.09%), Manganese: 0.37mg (18.65%), Fiber: 4.6g (18.41%), Selenium: 12.11µg (17.3%), Magnesium: 54.97mg (13.74%), Vitamin B1: 0.2mg (13.35%), Zinc: 1.68mg (11.22%), Vitamin B3: 2.16mg (10.8%), Vitamin A: 529.52IU

(10.59%), Vitamin B12: 0.47 μ g (7.79%), Iron: 1.21mg (6.71%), Copper: 0.12mg (6%), Vitamin E: 0.55mg (3.64%)