



Creamy Cauliflower Carrot Cashew Soup



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



147 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrot juice
- ☐ 2 medium carrots coarsely chopped
- ☐ 1 head cauliflower cut into pieces
- ☐ 0.5 cup celery coarsely chopped
- ☐ 2 cups so delicious dairy free coconut milk beverage unsweetened
- ☐ 1 large garlic clove chopped
- ☐ 0.3 large onion coarsely chopped
- ☐ 0.5 cup cashew pieces raw

☐ 6 servings salt and pepper to taste

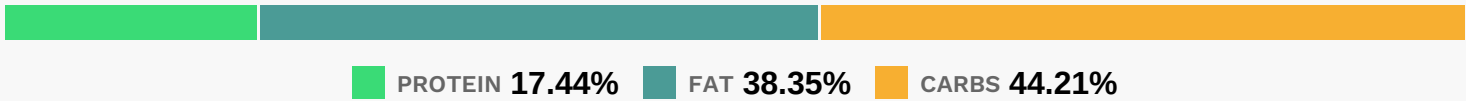
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ Place the cauliflower, carrots, celery, onion, garlic, carrot juice, and coconut milk beverage in a soup pot.Cover and simmer for 15–20 minutes (or until the vegetables start to become tender).
- ☐ Put the mixture and cashews into a high-powered blender or food processor and blend until creamy.
- ☐ Add salt and pepper to taste and serve hot.

Nutrition Facts



Properties

Glycemic Index:44.91, Glycemic Load:4.73, Inflammation Score:-10, Nutrition Score:21.149565054023%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 147.3kcal (7.36%), Fat: 6.68g (10.27%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 13.6g (4.94%), Sugar: 7.34g (8.16%), Cholesterol: 0mg (0%), Sodium: 310.22mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.67%), Vitamin A: 11266.12IU (225.32%), Vitamin C: 57.33mg (69.49%), Vitamin K: 29.8µg (28.38%), Vitamin B6: 0.54mg (26.89%), Folate: 92.15µg (23.04%), Manganese: 0.43mg (21.61%), Copper: 0.4mg (20.22%), Potassium: 681.39mg (19.47%), Vitamin E: 2.77mg (18.47%), Vitamin B3: 3.58mg (17.9%), Calcium: 157.17mg (15.72%), Vitamin B2: 0.26mg (15.34%), Fiber: 3.72g (14.89%), Vitamin B12:

0.85µg (14.16%), Magnesium: 55.39mg (13.85%), Phosphorus: 134.15mg (13.41%), Vitamin B1: 0.2mg (13.16%), Iron: 1.79mg (9.93%), Vitamin B5: 0.91mg (9.09%), Zinc: 1.22mg (8.11%), Selenium: 4.92µg (7.02%), Vitamin D: 0.94µg (6.29%)