

## Creamy Cauliflower Chowder

READY IN



40 min.

SERVINGS



8

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tbsp butter
- 4 cup cauliflower chopped
- 1 cup cheddar cheese
- 2 cubes chicken bouillon
- 8 slices bacon cooked
- 8 servings croutons
- 0.3 cup flour
- 2 tsp garlic
- 2 tsp ground mustard

- 5 cups milk
- 0.5 cup onion
- 1 tsp paprika
- 1 cup parmesan
- 1 tsp salt

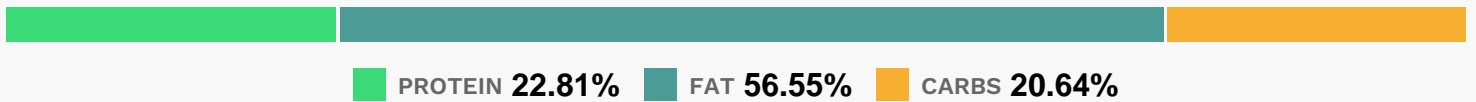
## Equipment

- bowl
- pot
- blender

## Directions

- Add butter, garlic, onion and cauliflower to a large pot and saute for 5 minutes until cauliflower starts to brown.
- Add flour, chicken bouillon, ground mustard, paprika, salt and mix well, then add 2 cups milk and stir. Reduce heat and boil for 10 minutes, cauliflower should be soft.
- Add to a blender and blend until smooth.
- Transfer back to the pot and add the rest of the milk.
- Add parmesan cheese, cheddar cheese and stir until melted. When cheese is melted and its heated through, serve in bowls and top with bacon, croutons and extra cheese.

## Nutrition Facts



## Properties

Glycemic Index:49.13, Glycemic Load:6.31, Inflammation Score:-6, Nutrition Score:14.675217391304%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Quercetin: 2.31mg

## Taste

Sweetness: 70.7%, Saltiness: 100%, Sourness: 36.76%, Bitterness: 39.73%, Savoriness: 57.88%, Fattiness: 93.04%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 300.22kcal (15.01%), Fat: 19.07g (29.35%), Saturated Fat: 10.49g (65.57%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 14.17g (5.15%), Sugar: 8.94g (9.94%), Cholesterol: 56.48mg (18.83%), Sodium: 822.33mg (35.75%), Protein: 17.31g (34.63%), Calcium: 455.27mg (45.53%), Phosphorus: 373.75mg (37.37%), Vitamin C: 25.1mg (30.42%), Selenium: 17.01µg (24.3%), Vitamin B2: 0.39mg (23.2%), Vitamin B12: 1.22µg (20.27%), Vitamin A: 719.91IU (14.4%), Vitamin B1: 0.21mg (14.15%), Vitamin B6: 0.28mg (13.99%), Potassium: 474.55mg (13.56%), Zinc: 1.98mg (13.17%), Vitamin D: 1.86µg (12.38%), Vitamin B5: 1.16mg (11.6%), Folate: 43.79µg (10.95%), Magnesium: 42.38mg (10.6%), Vitamin K: 9.33µg (8.88%), Vitamin B3: 1.65mg (8.25%), Manganese: 0.16mg (8.15%), Fiber: 1.5g (6.01%), Iron: 0.78mg (4.31%), Vitamin E: 0.48mg (3.2%), Copper: 0.06mg (2.84%)