



## Creamy Cauliflower-Thyme Soup

 Vegetarian

READY IN



56 min.

SERVINGS



4

CALORIES



151 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black
- 4 cups cauliflower florets
- 0.8 cup celery chopped
- 1 teaspoon thyme leaves dried
- 14 ounce less-sodium chicken broth fat-free canned
- 2 tablespoons flour all-purpose
- 2 garlic cloves minced
- 1.5 cups leek chopped (2 medium)

- 1.8 cups milk 2% reduced-fat
- 1 tablespoon olive oil divided
- 0.5 teaspoon salt

## Equipment

- food processor
- bowl
- frying pan
- oven
- whisk
- blender
- dutch oven

## Directions

- Preheat oven to 400.
- Combine cauliflower and 2 teaspoons oil in a bowl, tossing gently to coat.
- Spread cauliflower in a 15 x 10-inch jelly-roll pan coated with cooking spray.
- Bake at 400 for 30 minutes or until browned, stirring occasionally.
- Heat remaining 1 teaspoon oil in a Dutch oven over medium heat.
- Add leek, celery, and garlic; saut 5 minutes or until tender.
- Add roasted cauliflower and thyme; saut 1 minute.
- Add broth, salt, and pepper; bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- Remove from heat; cool 15 minutes.
- Place half of cauliflower mixture in a blender or food processor; process until smooth. Return puree to pan.
- Combine milk and flour in a small bowl. Stir with a whisk; add to pan. Bring to a simmer, and cook 3 minutes or until thickened, stirring constantly with a whisk.

## Nutrition Facts



■ PROTEIN 17.57% ■ FAT 34.91% ■ CARBS 47.52%

## Properties

Glycemic Index:58.25, Glycemic Load:4.58, Inflammation Score:-8, Nutrition Score:15.811739195948%

## Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 151.43kcal (7.57%), Fat: 6.19g (9.53%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 15.8g (5.75%), Sugar: 8.87g (9.85%), Cholesterol: 8.26mg (2.75%), Sodium: 797.42mg (34.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.03%), Vitamin C: 53.59mg (64.96%), Vitamin K: 43.58µg (41.5%), Folate: 98.95µg (24.74%), Manganese: 0.45mg (22.37%), Calcium: 185.91mg (18.59%), Vitamin B2: 0.31mg (18.47%), Vitamin B6: 0.35mg (17.54%), Phosphorus: 173.18mg (17.32%), Potassium: 596.45mg (17.04%), Vitamin A: 757.02IU (15.14%), Vitamin B5: 1.27mg (12.74%), Fiber: 3.16g (12.64%), Vitamin B12: 0.75µg (12.43%), Selenium: 7.28µg (10.39%), Vitamin B1: 0.16mg (10.34%), Iron: 1.86mg (10.34%), Magnesium: 40.75mg (10.19%), Vitamin B3: 1.6mg (7.98%), Vitamin E: 1mg (6.64%), Copper: 0.12mg (6.23%), Zinc: 0.91mg (6.08%)