



Creamy Cauliflower With Ginger Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



122 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1 small head cauliflower cut into large florets
- 0.5 teaspoon ground pepper
- 3 large garlic clove sliced
- 1 teaspoon ground ginger
- 0.5 teaspoon turmeric
- 1.5 cups milk whole (or milk)
- 2 tablespoons olive oil

- 1 large onion cut into large dice
- 0.1 teaspoon saffron threads
- 6 servings salt and pepper freshly ground to taste
- 1 scallops for each bowl of soup*
- 1 pinch sugar

Equipment

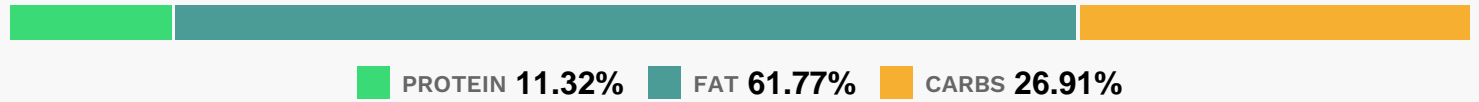
- bowl
- frying pan
- ladle
- pot
- blender
- kitchen towels
- immersion blender

Directions

- Heat oil over medium-high heat in a large, deep saute pan until shimmering.
- Add cauliflower, then onion; saute, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes.
- Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.
- Add ginger, turmeric, saffron and cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer.
- Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until cauliflower is tender, about 10 minutes.
- Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)
- Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed.

Heat through, ladle into bowls, garnish and serve.

Nutrition Facts



Properties

Glycemic Index:59.02, Glycemic Load:2.29, Inflammation Score:-8, Nutrition Score:6.8578260463217%

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: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg, Quercetin: 5.34mg

Nutrients (% of daily need)

Calories: 122.47kcal (6.12%), Fat: 8.74g (13.45%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 7.1g (2.58%), Sugar: 5.05g (5.62%), Cholesterol: 12.94mg (4.31%), Sodium: 256.58mg (11.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.21%), Vitamin C: 23.78mg (28.83%), Manganese: 0.26mg (12.86%), Phosphorus: 101mg (10.1%), Vitamin K: 10.29µg (9.8%), Calcium: 95.02mg (9.5%), Vitamin B6: 0.18mg (8.91%), Potassium: 283.85mg (8.11%), Folate: 30.73µg (7.68%), Vitamin B2: 0.12mg (7.22%), Vitamin B12: 0.37µg (6.14%), Fiber: 1.47g (5.87%), Vitamin B5: 0.57mg (5.71%), Vitamin E: 0.85mg (5.69%), Vitamin B1: 0.07mg (4.8%), Magnesium: 18.72mg (4.68%), Vitamin A: 227.3IU (4.55%), Vitamin D: 0.67µg (4.47%), Selenium: 2.32µg (3.31%), Zinc: 0.48mg (3.19%), Iron: 0.45mg (2.5%), Vitamin B3: 0.4mg (2.01%), Copper: 0.04mg (1.8%)