



Creamy Roasted Red Pepper and Cauliflower Soup with Goat Cheese



Vegetarian



Gluten Free



Popular

READY IN



70 min.

SERVINGS



4

CALORIES



180 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small head cauliflower cut into florets
- ☐ 2 cloves garlic chopped
- ☐ 4 ounces goat cheese crumbled
- ☐ 1 tablespoon olive oil
- ☐ 1 onion diced
- ☐ 4 bell pepper red seeds removed cut in half and
- ☐ 1 pinch pepper flakes red

- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon paprika smoked
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 4 cups vegetable broth

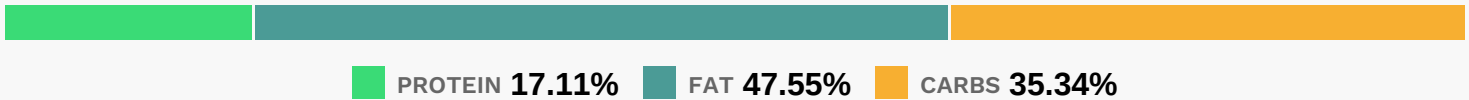
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ immersion blender

Directions

- ☐ Place the red peppers on a baking sheet with the cut side facing down, broil until the skins are blackened, about 10 minutes, place in a sealable container and let 'steam' for 20 minutes before pinching the skins off and dicing. Meanwhile, toss the cauliflower in the oil, place it in a single layer on a baking sheet and roast in a preheated 400F oven until tender and caramelized, about 20–30 minutes, mixing once in the middle.
- ☐ Heat the oil in a large pan over medium heat and cook the onion until tender, about 5–7 minutes.
- ☐ Add the garlic, thyme and red pepper flakes and cook until fragrant, about a minute.
- ☐ Add the roasted red peppers, cauliflower, broth, paprika and goat cheese and simmer for 10 minutes before pureeing to the desired consistency with a hand blender. Season with salt and pepper and serve garnished with goat cheese.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:4.22, Inflammation Score:-10, Nutrition Score:19.333478155343%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 180.26kcal (9.01%), Fat: 10.13g (15.58%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 12.37g (4.5%), Sugar: 9.75g (10.83%), Cholesterol: 13.04mg (4.35%), Sodium: 1264.97mg (55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.4%), Vitamin C: 187.56mg (227.35%), Vitamin A: 4797.41IU (95.95%), Vitamin B6: 0.6mg (30.18%), Folate: 101.65µg (25.41%), Vitamin K: 19.28µg (18.36%), Fiber: 4.58g (18.3%), Vitamin E: 2.65mg (17.67%), Manganese: 0.34mg (17.12%), Vitamin B2: 0.27mg (15.67%), Potassium: 517.72mg (14.79%), Phosphorus: 145.11mg (14.51%), Copper: 0.28mg (13.78%), Vitamin B5: 1.07mg (10.69%), Iron: 1.63mg (9.06%), Vitamin B1: 0.13mg (8.99%), Vitamin B3: 1.73mg (8.64%), Magnesium: 33.61mg (8.4%), Calcium: 75.04mg (7.5%), Zinc: 0.83mg (5.56%), Selenium: 1.7µg (2.43%)