



Easy Cauliflower Soup with Fresh Ginger

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large head cauliflower cut into florets
- 3 cups chicken stock see
- 1 inch ginger fresh chopped
- 2 servings ground pepper black to taste
- 2 teaspoons olive oil
- 0.5 cup onion chopped
- 1.5 teaspoons sea salt

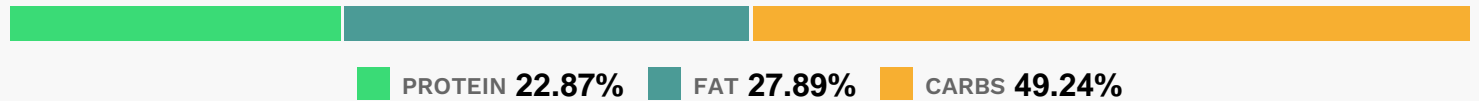
Equipment

- pot
- blender

Directions

- Heat oil in a large pot over medium heat; cook and stir onion until fragrant, 1 minute.
- Add cauliflower and cover. Cook, stirring occasionally, until slightly tender, 10 minutes.
- Add chicken stock, ginger, and salt; season with black pepper. Bring to a boil, cover, and simmer until cauliflower is tender, 30 minutes. Cool slightly.
- Pour soup into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth. Return to pot and warm over low heat.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:4.91, Inflammation Score:-9, Nutrition Score:28.730869676108%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.39mg, Quercetin: 10.39mg, Quercetin: 10.39mg, Quercetin: 10.39mg

Nutrients (% of daily need)

Calories: 289.01kcal (14.45%), Fat: 9.57g (14.72%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 38g (12.67%), Net Carbohydrates: 28.83g (10.48%), Sugar: 15.47g (17.18%), Cholesterol: 10.8mg (3.6%), Sodium: 2387.06mg (103.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.65g (35.3%), Vitamin C: 206.29mg (250.05%), Folate: 265.4µg (66.35%), Vitamin K: 68.56µg (65.29%), Vitamin B6: 1.05mg (52.31%), Potassium: 1708.45mg (48.81%), Vitamin B3: 7.89mg (39.46%), Fiber: 9.18g (36.7%), Manganese: 0.73mg (36.39%), Vitamin B2: 0.57mg (33.54%), Phosphorus: 294.95mg (29.49%), Vitamin B5: 2.86mg (28.59%), Vitamin B1: 0.36mg (23.69%), Magnesium: 83.12mg (20.78%), Copper: 0.38mg (19.22%), Selenium: 10.67µg (15.25%), Iron: 2.67mg (14.84%), Zinc: 1.72mg (11.49%), Calcium: 114.52mg (11.45%), Vitamin E: 1.04mg (6.92%)