




Eat For Eight Bucks: Cumin Roasted Cauliflower Soup

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



2

CALORIES



355 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium head cauliflower
- 2 servings ground pepper
- 0.5 teaspoon cumin
- 1 garlic clove
- 0.3 cup cup heavy whipping cream
- 2 tablespoons olive oil
- 1 large onion diced

- 0.5 teaspoon salt
- 3 cups vegetable stock

Equipment

- bowl
- baking sheet
- sauce pan
- ladle
- oven
- pot
- blender
- dutch oven
- immersion blender

Directions

- Adjust oven rack to middle position and preheat oven to 400°F.
- Cut cauliflower into 2-inch florets. On a parchment-lined baking sheet, toss cauliflower with 1 tablespoon of oil, salt, and cumin to coat. Roast in the oven until the cauliflower is just beginning to turn golden brown, but still has a little bite to it, about 20 minutes.
- In a medium Dutch oven or lidded saucepan, heat the remaining oil over a medium flame.
- Add the onion and cook until translucent, about 5 minutes.
- Add the garlic and saute for an addition minute.
- Add the cauliflower, stock, and a dash of cayenne, and bring to a boil. Partially cover, reduce heat to medium, and simmer until the cauliflower is very tender, about 10 minutes.
- Puree the soup using an immersion blender, or a standing blender. Return to the pot and add the cream. Thin the soup as necessary with additional stock until you reach your desired consistency. Taste for seasoning, and add more salt and cayenne to taste.
- To serve, ladle the soup into bowls and garnish with cilantro.

Nutrition Facts



■ PROTEIN 8.03% ■ FAT 61.91% ■ CARBS 30.06%

Properties

Glycemic Index:85.5, Glycemic Load:6.65, Inflammation Score:-9, Nutrition Score:22.793913138949%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 16.8mg, Quercetin: 16.8mg, Quercetin: 16.8mg, Quercetin: 16.8mg

Nutrients (% of daily need)

Calories: 354.88kcal (17.74%), Fat: 26.08g (40.13%), Saturated Fat: 9.25g (57.84%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 20.85g (7.58%), Sugar: 12.77g (14.19%), Cholesterol: 33.62mg (11.21%), Sodium: 2090.63mg (90.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.23%), Vitamin C: 146.34mg (177.38%), Vitamin K: 55.9µg (53.24%), Folate: 181.53µg (45.38%), Vitamin A: 2028.33IU (40.57%), Vitamin B6: 0.7mg (34.96%), Manganese: 0.63mg (31.3%), Fiber: 7.65g (30.61%), Potassium: 1052.88mg (30.08%), Vitamin E: 3.15mg (20.99%), Vitamin B5: 2.09mg (20.95%), Phosphorus: 176.15mg (17.62%), Vitamin B2: 0.27mg (15.9%), Magnesium: 57.97mg (14.49%), Vitamin B1: 0.2mg (13.13%), Calcium: 110.96mg (11.1%), Iron: 1.99mg (11.06%), Vitamin B3: 1.77mg (8.86%), Copper: 0.16mg (8.07%), Zinc: 1.07mg (7.12%), Selenium: 3.41µg (4.87%), Vitamin D: 0.48µg (3.17%)