



## How to Make Cream of Cauliflower Soup

READY IN



65 min.

SERVINGS



8

CALORIES



282 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 strips bacon chopped
- 1.5 cups breadcrumbs fresh
- 2 heads cauliflower separated cored
- 1 pinch cayenne pepper to taste
- 1 rib celery chopped
- 1 quart chicken broth
- 2 tablespoons flat-leaf parsley italian chopped
- 3 cloves garlic
- 0.5 cup heavy cream

- 1 teaspoon lemon zest
- 1 tablespoon olive oil
- 1 onion chopped
- 1 tablespoon parmigiano-reggiano cheese finely grated
- 1 large baking potatoes peeled quartered
- 8 servings salt to taste
- 1 quart water

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- pot
- immersion blender

## Directions

- Heat olive oil in a saucepan over medium heat. Cook and stir onion and celery in the hot oil until translucent, about 5 minutes.
- Add garlic and salt, and stir for 1 minute. Stir in potato, cauliflower, chicken broth, and water. Bring to a boil, reduce heat to medium-low and simmer until cauliflower is tender and potatoes are easily smashed against the side of the pot, about 30 minutes.
- Puree the soup using an immersion blender until smooth. Reduce heat to low, season with cayenne pepper and salt.
- Pour in cream and stir until warmed. Season with more salt if needed.
- Cook bacon in a skillet over medium heat until crisp, about 8 minutes.
- Transfer cooked bacon to a paper towel lined plate to drain. Toss breadcrumbs in the remaining bacon grease in the skillet, and cook over low heat until toasted and crisp. Stir in cheese and continue to cook until melted.

Transfer to a bowl and cool to room temperature. Stir in bacon, lemon zest, and parsley. Toss to coat.

Serve soup garnished with bacon gremolata over the top.

## Nutrition Facts

**PROTEIN 13.08%** **FAT 41.52%** **CARBS 45.4%**

### Properties

Glycemic Index:37.09, Glycemic Load:8.35, Inflammation Score:-7, Nutrition Score:18.745217245558%

### Flavonoids

Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg, Apigenin: 2.34mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

### Nutrients (% of daily need)

Calories: 282.22kcal (14.11%), Fat: 13.45g (20.69%), Saturated Fat: 5.7g (35.6%), Carbohydrates: 33.07g (11.02%), Net Carbohydrates: 28.29g (10.29%), Sugar: 5.92g (6.57%), Cholesterol: 26.86mg (8.95%), Sodium: 924.44mg (40.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.07%), Vitamin C: 75.19mg (91.14%), Vitamin K: 43.94µg (41.85%), Folate: 116.71µg (29.18%), Manganese: 0.58mg (29.06%), Vitamin B6: 0.52mg (25.95%), Vitamin B1: 0.37mg (24.97%), Potassium: 763.46mg (21.81%), Fiber: 4.79g (19.14%), Vitamin B2: 0.3mg (17.7%), Vitamin B3: 3.32mg (16.59%), Phosphorus: 163.12mg (16.31%), Selenium: 9.67µg (13.82%), Vitamin B5: 1.36mg (13.63%), Iron: 2.26mg (12.56%), Magnesium: 48.65mg (12.16%), Calcium: 109.8mg (10.98%), Copper: 0.21mg (10.54%), Zinc: 1.15mg (7.65%), Vitamin A: 342.83IU (6.86%), Vitamin E: 0.65mg (4.33%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.29µg (1.9%)