

## Low Carb Cauliflower Leek Soup

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



153 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 tablespoons butter
- 1 large head cauliflower chopped
- 3 cloves garlic finely chopped
- 1 cup cup heavy whipping cream
- 3 leek cut into 1 inch pieces
- 2 tablespoons olive oil
- 12 servings pepper black freshly ground to taste
- 8 cups vegetable stock

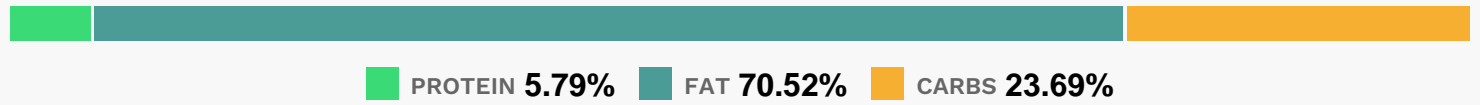
## Equipment

- pot
- hand mixer
- immersion blender

## Directions

- Heat the olive oil and butter in a large pot over medium heat, and saute the leeks, cauliflower, and garlic for about 10 minutes. Stir in the vegetable broth, and bring the mixture to a boil. Reduce heat, cover, and simmer 45 minutes.
- Remove the soup from heat. Blend the soup with an immersion blender or hand mixer. Season with salt and pepper.
- Mix in the heavy cream, and continue blending until smooth.

## Nutrition Facts



## Properties

Glycemic Index:18.42, Glycemic Load:2.53, Inflammation Score:-7, Nutrition Score:8.2860869739367%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 153.43kcal (7.67%), Fat: 12.6g (19.39%), Saturated Fat: 6.78g (42.4%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 7.68g (2.79%), Sugar: 4.13g (4.58%), Cholesterol: 29.94mg (9.98%), Sodium: 680.17mg (29.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin C: 36.76mg (44.56%), Vitamin K: 23.77µg (22.64%), Vitamin A: 1084.24IU (21.68%), Folate: 55.08µg (13.77%), Manganese: 0.24mg (12.05%), Vitamin B6: 0.2mg (9.86%), Potassium: 273.39mg (7.81%), Fiber: 1.84g (7.37%), Vitamin E: 0.86mg (5.75%), Vitamin B5: 0.56mg (5.58%), Phosphorus: 52.24mg (5.22%), Vitamin B2: 0.09mg (5.19%), Magnesium: 18.55mg (4.64%), Iron: 0.82mg (4.54%), Calcium: 44.28mg (4.43%), Vitamin B1: 0.05mg (3.61%), Copper: 0.06mg (2.99%), Vitamin B3: 0.46mg (2.32%), Vitamin D: 0.32µg (2.12%), Selenium: 1.38µg (1.98%), Zinc: 0.28mg (1.84%)