



Moroccan spiced cauliflower & almond soup

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



30 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large cauliflower
- ☐ 2 tbsp olive oil
- ☐ 0.5 tsp ground cinnamon
- ☐ 2 tbsp harissa
- ☐ 1l chicken stock see hot
- ☐ 50 g almonds flaked toasted

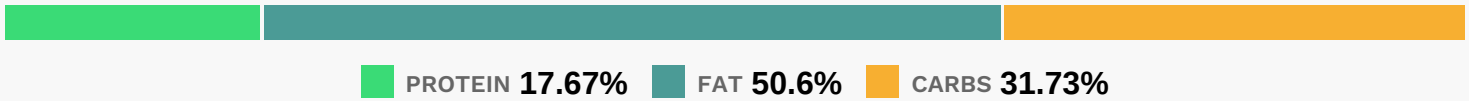
Equipment

- ☐ frying pan

Directions

- ☐
- Cut the cauliflower into small florets. Fry olive oil, ground cinnamon, cumin and coriander and harissa paste for 2 mins in a large pan.
- ☐
- Add the cauliflower, stock and almonds. Cover and cook for 20 mins until the cauliflower is tender. Blend soup until smooth, then serve with an extra drizzle of harissa and a sprinkle of toasted almonds.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:2.11, Inflammation Score:-7, Nutrition Score:21.913043498993%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 285.76kcal (14.29%), Fat: 16.9g (25.99%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 17.72g (6.44%), Sugar: 9.57g (10.63%), Cholesterol: 7.61mg (2.54%), Sodium: 526.45mg (22.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.55%), Vitamin C: 102.94mg (124.78%), Vitamin K: 37.76µg (35.96%), Folate: 138.57µg (34.64%), Manganese: 0.67mg (33.39%), Vitamin E: 4.6mg (30.69%), Potassium: 1015.03mg (29%), Vitamin B2: 0.49mg (28.79%), Vitamin B6: 0.57mg (28.54%), Vitamin B3: 5.65mg (28.24%), Fiber: 6.12g (24.46%), Phosphorus: 225.11mg (22.51%), Magnesium: 76.49mg (19.12%), Copper: 0.36mg (17.92%), Vitamin B1: 0.23mg (15.08%), Vitamin B5: 1.46mg (14.6%), Iron: 2mg (11.14%), Selenium: 7.44µg (10.63%), Calcium: 92.26mg (9.23%), Zinc: 1.33mg (8.87%), Vitamin A: 59.69IU (1.19%)