



Nichole's Chicken Cauliflower Soup

 Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 carrots diced peeled
- ☐ 1 head cauliflower cut into small florets
- ☐ 3 stalks celery diced
- ☐ 2 chicken breasts shredded cooked
- ☐ 6 cups chicken broth
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons ground pepper black
- ☐ 0.3 cup olive oil

- ☐ 1 onion diced
- ☐ 5 medium potatoes red cubed
- ☐ 1 cup parmesan grated
- ☐ 2 teaspoons salt
- ☐ 2 cups skim milk

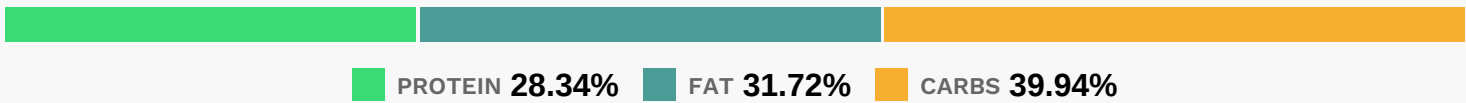
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Lightly grease a baking sheet.
- ☐ Place potatoes on prepared baking sheet.
- ☐ Bake potatoes in the preheated oven until tender, about 30 minutes.
- ☐ Heat olive oil in a large soup pot over medium heat. Stir celery, carrots, onion, and garlic into the hot olive oil; season with salt and pepper. Cook and stir until vegetables soften, about 10 minutes.
- ☐ Stir chicken broth and milk into vegetable mixture; bring to a boil.
- ☐ Add cauliflower to vegetables and chicken broth mixture. Reduce heat to medium and cook until cauliflower is tender, about 10 minutes.
- ☐ Stir potatoes, chicken, and Parmesan cheese into vegetables and broth; simmer until chicken is heated and cheese is melted, 20 minutes.

Nutrition Facts



Properties

Glycemic Index:19.42, Glycemic Load:1.92, Inflammation Score:-9, Nutrition Score:17.084782818089%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 217.1kcal (10.86%), Fat: 7.8g (12.01%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 18.81g (6.84%), Sugar: 5.88g (6.53%), Cholesterol: 35.28mg (11.76%), Sodium: 1038.36mg (45.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.37%), Vitamin A: 2742.92IU (54.86%), Vitamin C: 32.77mg (39.72%), Vitamin B3: 5.71mg (28.54%), Phosphorus: 261.41mg (26.14%), Vitamin B6: 0.49mg (24.27%), Potassium: 814.97mg (23.28%), Calcium: 188.54mg (18.85%), Manganese: 0.36mg (18.12%), Vitamin K: 18.47µg (17.59%), Selenium: 11.59µg (16.56%), Vitamin B2: 0.27mg (15.91%), Folate: 54.4µg (13.6%), Fiber: 3.3g (13.22%), Vitamin B1: 0.18mg (12.24%), Magnesium: 48.82mg (12.2%), Vitamin B5: 1.11mg (11.12%), Copper: 0.21mg (10.51%), Zinc: 1.37mg (9.16%), Vitamin B12: 0.55µg (9.1%), Iron: 1.46mg (8.1%), Vitamin E: 0.97mg (6.45%), Vitamin D: 0.51µg (3.41%)