



Pasta and Cauliflower Soup Federica

 Very Healthy

READY IN



300 min.

SERVINGS



6

CALORIES



1850 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds cauliflower cut into 1-inch-wide florets (preferably Romanesco)
- ☐ 2 quarts chicken stock see canned (; not broth)
- ☐ 0.5 cup olive oil extra-virgin (preferably Sicilian)
- ☐ 1 cup pecorino finely grated (preferably Sicilian)
- ☐ 1 teaspoon sea salt fine
- ☐ 4 pound pasta like spaghetti

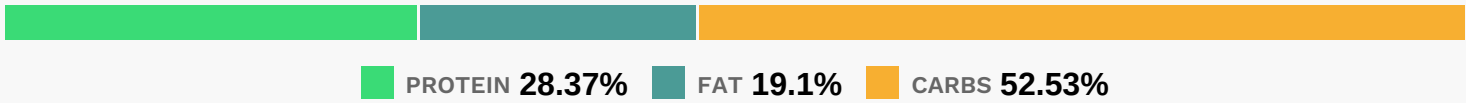
Equipment

- ☐ pot

Directions

- ☐ Bring stock to a boil in a 4- to 5-quart heavy pot over high heat and add sea salt and pepper to taste.
- ☐ Stir in cauliflower and simmer, covered, until just tender, about 5 minutes. Stir in pasta and simmer, uncovered, stirring occasionally, until al dente, 10 to 15 minutes (pasta takes longer to cook in stock than in water).
- ☐ Stir in sea salt to taste and serve soup drizzled with olive oil and sprinkled with cheese.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:92.71, Inflammation Score:-9, Nutrition Score:51.716086937034%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 1849.88kcal (92.49%), Fat: 38.55g (59.31%), Saturated Fat: 11.41g (71.33%), Carbohydrates: 238.57g (79.52%), Net Carbohydrates: 225.11g (81.86%), Sugar: 11.82g (13.13%), Cholesterol: 169.06mg (56.35%), Sodium: 2249.97mg (97.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 128.83g (257.66%), Selenium: 254.04µg (362.92%), Manganese: 3.07mg (153.51%), Phosphorus: 1252.99mg (125.3%), Vitamin C: 91.1mg (110.42%), Zinc: 13.12mg (87.46%), Vitamin B6: 1.39mg (69.58%), Vitamin B3: 13.71mg (68.57%), Magnesium: 255.9mg (63.97%), Vitamin B12: 3.35µg (55.91%), Copper: 1.11mg (55.55%), Fiber: 13.46g (53.83%), Iron: 8.99mg (49.92%), Potassium: 1737.53mg (49.64%), Folate: 169.63µg (42.41%), Vitamin B2: 0.67mg (39.15%), Vitamin K: 39.3µg (37.43%), Calcium: 346.85mg (34.69%), Vitamin B5: 2.64mg (26.39%), Vitamin B1: 0.37mg (24.88%), Vitamin A: 688.52IU (13.77%), Vitamin E: 2.05mg (13.66%), Vitamin D: 0.4µg (2.66%)