



HEALTH SCORE

74%

Purple Pesto Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



112 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup basil green packed (or use)
- 1 tablespoon cashew butter (or try almond butter or tahini)
- 1 head cauliflower cut into florets
- 3 cloves garlic minced
- 4 servings garlic to taste
- 0.5 cups cannellini beans rinsed drained (or 1 15-ounce can)
- 1 medium onion chopped
- 4 servings salt to taste

- 4 cups water hot
- 4 servings pepper white to taste

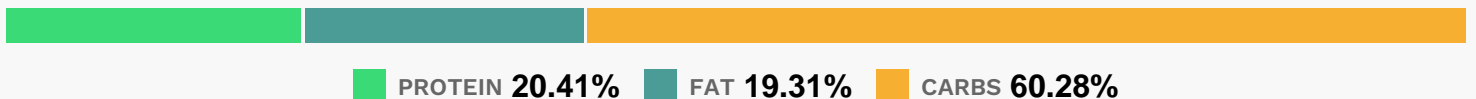
Equipment

- pot
- blender
- immersion blender

Directions

- Add the garlic and sauté for one minute more.
- Add the hot water and cauliflower, reduce heat, and cover. Cook until the cauliflower is completely tender, about 10–15 minutes.
- Add the beans and cook for another 5 minutes.
- Add the basil and cashew butter. Use a hand blender to puree the soup until it is completely smooth. (Alternately, put the soup in batches into a regular blender and blend smooth; return soup to the pot.)
- Add white pepper and salt to taste and add additional garlic if desired.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:2.47, Inflammation Score:-7, Nutrition Score:16.254782443461%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 112.38kcal (5.62%), Fat: 2.67g (4.12%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 13.08g (4.76%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 252.14mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Vitamin C: 74.75mg (90.6%), Vitamin K: 47.38µg (45.12%), Manganese: 0.65mg (32.48%), Folate: 116.97µg (29.24%), Fiber: 5.7g (22.82%), Vitamin B6: 0.41mg (20.51%), Potassium: 619.25mg (17.69%), Copper: 0.31mg (15.34%), Phosphorus: 141.49mg (14.15%), Magnesium: 55.34mg (13.84%), Vitamin B5: 1.14mg (11.45%), Iron: 1.91mg (10.6%), Vitamin B1: 0.15mg (9.69%), Calcium: 87.41mg (8.74%), Vitamin B2: 0.13mg (7.49%), Zinc: 1mg (6.66%), Vitamin A: 317.74IU (6.35%), Vitamin B3: 1.07mg (5.36%), Selenium: 3.21µg (4.58%), Vitamin E: 0.17mg (1.15%)