



Quick Ham and Cauliflower Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4.7 oz potatoes
- ☐ 2.5 cups water hot
- ☐ 1 cup cauliflower chopped
- ☐ 0.1 teaspoon ground mustard
- ☐ 0.1 teaspoon pepper
- ☐ 10.5 ounces cream of chicken soup canned
- ☐ 1 cup finely-chopped ham cubed fully cooked
- ☐ 1 serving parsley fresh chopped

☐ 1 cup frangelico

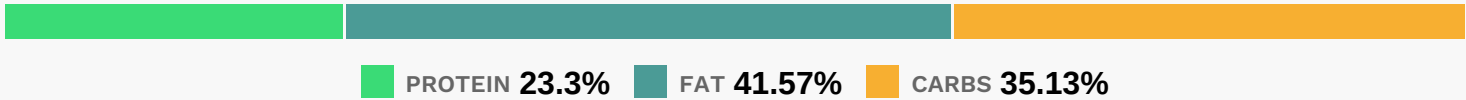
Equipment

☐ sauce pan

Directions

- ☐ Stir Sauce
- ☐ Mix, hot water, cauliflower, mustard, pepper, broth and Potatoes in 3-quart saucepan.
- ☐ Heat just to boiling, stirring occasionally.
- ☐ Reduce heat; cover and simmer about 25 minutes, stirring frequently, until potatoes are tender.
- ☐ Stir in ham and half-and-half. Cook uncovered about 5 minutes or just until hot (do not boil).
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:55.69, Glycemic Load:6.81, Inflammation Score:-4, Nutrition Score:8.8317390213842%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 141.8kcal (7.09%), Fat: 6.58g (10.12%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 11.22g (4.08%), Sugar: 1.15g (1.28%), Cholesterol: 26.58mg (8.86%), Sodium: 866.17mg (37.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.6%), Vitamin C: 26.6mg (32.25%), Vitamin K: 24.06µg (22.92%), Phosphorus: 136.74mg (13.67%), Vitamin B1: 0.2mg (13.33%), Vitamin B6: 0.22mg (10.9%), Selenium: 7.39µg (10.56%), Copper: 0.2mg (9.98%), Potassium: 337.67mg (9.65%), Vitamin B3: 1.79mg (8.95%), Manganese: 0.16mg (8.23%), Iron: 1.47mg (8.15%), Vitamin B2: 0.13mg (7.55%), Zinc: 1.04mg (6.93%), Vitamin B12: 0.4µg (6.64%), Vitamin B5: 0.66mg (6.6%), Folate: 23.55µg (5.89%), Magnesium: 22.64mg (5.66%), Fiber: 1.29g (5.16%), Vitamin A: 220.71IU (4.41%), Vitamin E: 0.44mg (2.91%), Calcium: 27.87mg (2.79%)