



Roasted Cauliflower and Aged White Cheddar Soup



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small head cauliflower cut into florets
- ☐ 1.5 cups aged cheddar shredded white
- ☐ 3 cups chicken stock see
- ☐ 2 cloves garlic chopped
- ☐ 1 cup milk
- ☐ 1 tablespoon oil
- ☐ 2 tablespoons oil

- ☐ 1 medium onion diced
- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon thyme leaves chopped

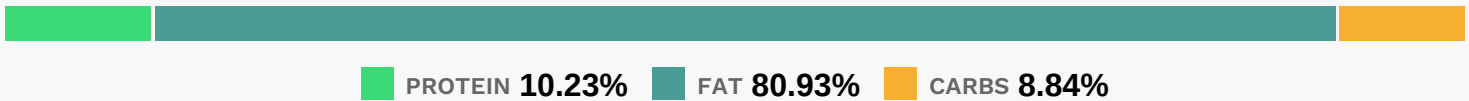
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Toss the cauliflower florets in the oil along with the salt and pepper, arrange them in a single layer on a large baking sheet and roast in a preheated 400F oven until lightly golden brown, about 20–30 minutes.
- ☐ Heat the oil in a large sauce pan over medium heat, add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and thyme and saute until fragrant, about a minute.
- ☐ Add the broth, deglaze the pan, add the cauliflower, bring to a boil, reduce the heat and simmer, covered, for 20 minutes.Puree the soup until it reaches your desired consistency with a stick blender.
- ☐ Mix in the cheese, let it melt without bringing it to boil again.
- ☐ Mix in the milk, season with salt and pepper and remove from heat.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:2.65, Inflammation Score:-9, Nutrition Score:14.353043379991%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 507.13kcal (25.36%), Fat: 46.62g (71.72%), Saturated Fat: 22.7g (141.84%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 9.57g (3.48%), Sugar: 5.82g (6.47%), Cholesterol: 109.61mg (36.54%), Sodium: 1213.26mg (52.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.52%), Vitamin C: 35.59mg (43.14%), Calcium: 364.62mg (36.46%), Vitamin A: 1699.1IU (33.98%), Phosphorus: 268.54mg (26.85%), Selenium: 14.53µg (20.75%), Vitamin B2: 0.35mg (20.58%), Vitamin K: 20.81µg (19.82%), Vitamin E: 2.76mg (18.42%), Folate: 54.54µg (13.63%), Zinc: 1.95mg (13%), Vitamin B6: 0.23mg (11.27%), Potassium: 336.49mg (9.61%), Vitamin B12: 0.54µg (9.07%), Manganese: 0.18mg (8.86%), Vitamin B5: 0.81mg (8.13%), Vitamin D: 1.21µg (8.04%), Fiber: 1.89g (7.58%), Magnesium: 29.47mg (7.37%), Vitamin B1: 0.07mg (4.88%), Copper: 0.06mg (3.23%), Iron: 0.58mg (3.21%), Vitamin B3: 0.45mg (2.24%)