



Roasted Cauliflower and Leek Soup

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



257 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 head cauliflower
- ☐ 1 teaspoon chervil dried
- ☐ 1 quart chicken stock see
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup heavy whipping cream
- ☐ 1 teaspoon kosher salt

- ☐ 2 leeks white chopped
- ☐ 1 tablespoon cracked pepper black
- ☐ 2 tablespoons vegetable oil

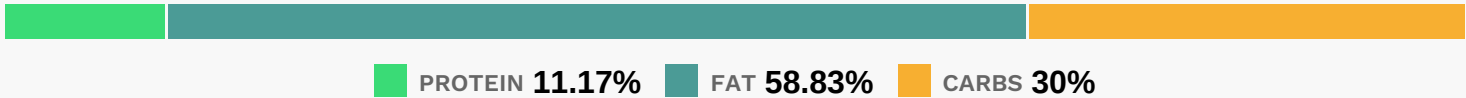
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 275 degrees F (135 degrees C).
- ☐ Stir garlic and vegetable oil together in a small bowl. Arrange cauliflower florets on a baking sheet; pour oil mixture over cauliflower. Toss to coat.
- ☐ Bake cauliflower in the preheated oven until tender and lightly browned, about 30 minutes.
- ☐ Melt butter in a 4-quart stockpot over medium heat; cook and stir leeks and flour in the melted butter until fragrant and well blended, 5 to 10 minutes.
- ☐ Add cauliflower, chicken stock, and cream; simmer until flavors have combined, 20 to 25 minutes. Stir chervil, salt, and pepper into the soup; simmer until desired thickness, 10 to 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:5.18, Inflammation Score:-7, Nutrition Score:14.224782547225%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 257.05kcal (12.85%), Fat: 17.32g (26.65%), Saturated Fat: 8g (49.98%), Carbohydrates: 19.88g (6.63%), Net Carbohydrates: 17.01g (6.19%), Sugar: 5.9g (6.56%), Cholesterol: 34.72mg (11.57%), Sodium: 696.88mg (30.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.81%), Vitamin C: 50.47mg (61.17%), Vitamin K: 40.03µg (38.13%), Manganese: 0.47mg (23.62%), Folate: 92.01µg (23%), Vitamin B6: 0.36mg (18.21%), Vitamin A: 875.11IU (17.5%), Vitamin B3: 3.43mg (17.17%), Potassium: 543.54mg (15.53%), Vitamin B2: 0.26mg (15.09%), Fiber: 2.87g (11.47%), Phosphorus: 113.29mg (11.33%), Vitamin B1: 0.17mg (11.2%), Selenium: 6.77µg (9.67%), Iron: 1.74mg (9.65%), Copper: 0.18mg (9.19%), Magnesium: 33.19mg (8.3%), Vitamin B5: 0.76mg (7.65%), Vitamin E: 1.07mg (7.11%), Calcium: 61.21mg (6.12%), Zinc: 0.62mg (4.1%), Vitamin D: 0.21µg (1.41%)