



Roasted Cauliflower and Leek Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium Head cauliflower roughly chopped ()
- 2 leek light white green cut into half lengthwise)
- 6 Cloves garlic
- 2 tablespoons olive oil
- 2 Cans chicken broth
- 4 servings kosher salt
- 4 servings pepper fresh black

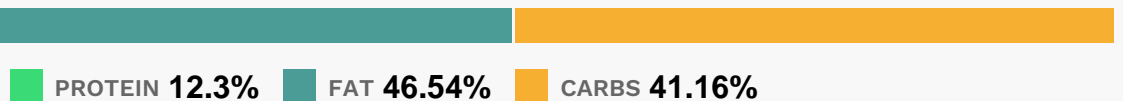
Equipment

- baking sheet
- sauce pan
- oven
- blender
- immersion blender

Directions

- Preheat oven to 425 degrees Fahrenheit.
- Spread chopped cauliflower, leeks and garlic on baking sheet.
- Drizzle olive oil on vegetables and mix well to thoroughly coat.
- Sprinkle with kosher salt.
- Roast in oven for 40–45 minutes. Vegetables should be brown on edges and slightly softened.
- Pour roasted vegetables into a saucepan and add 2 cans of chicken broth and fresh ground pepper to taste.
- Over medium high heat, heat vegetables and broth until it bubbles.
- Using an immersion blender (stick blender), thoroughly puree all contents of the saucepan. If you don't have an immersion blender, you can use a regular blender. Just be careful putting hot liquids in a blender as they can cause the lid to come flying off sending your yummy soup all over your kitchen. (You can vent the lid a little to help reduce the chance of this happening.)

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:3.56, Inflammation Score:-7, Nutrition Score:15.712173913043%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Taste

Sweetness: 62.91%, Saltiness: 100%, Sourness: 65.7%, Bitterness: 68.78%, Savoriness: 43.79%, Fattiness: 71.08%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 140.92kcal (7.05%), Fat: 7.88g (12.12%), Saturated Fat: 1.2g (7.47%), Carbohydrates: 15.68g (5.23%), Net Carbohydrates: 11.88g (4.32%), Sugar: 5.17g (5.75%), Cholesterol: 3mg (1%), Sodium: 803.24mg (34.92%), Protein: 4.68g (9.37%), Vitamin C: 76.03mg (92.16%), Vitamin K: 47.65µg (45.38%), Manganese: 0.59mg (29.72%), Folate: 110.57µg (27.64%), Vitamin B6: 0.42mg (21.21%), Potassium: 556.4mg (15.9%), Fiber: 3.8g (15.18%), Vitamin A: 745.77IU (14.92%), Vitamin B2: 0.19mg (11.37%), Vitamin E: 1.6mg (10.65%), Vitamin B5: 1.06mg (10.63%), Iron: 1.77mg (9.84%), Vitamin B1: 0.14mg (9.28%), Magnesium: 36.82mg (9.21%), Phosphorus: 91.87mg (9.19%), Copper: 0.15mg (7.34%), Calcium: 72.66mg (7.27%), Vitamin B3: 1.27mg (6.34%), Zinc: 0.6mg (4%), Selenium: 2.55µg (3.65%)