



Roasted Cauliflower Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



82 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 pounds cauliflower florets (2 large heads)
- ☐ 4 cups less-sodium chicken broth fat-free divided
- ☐ 1.5 teaspoons thyme leaves fresh minced
- ☐ 1 Dash ground pepper black finely
- ☐ 1 teaspoon kosher salt
- ☐ 1.8 cups milk 2% reduced-fat
- ☐ 2 teaspoons olive oil

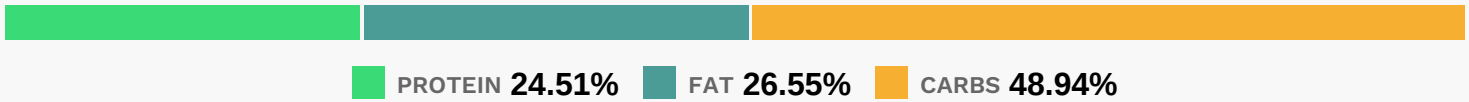
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 40
- ☐ Combine florets and oil in a large bowl; toss to coat.
- ☐ Add thyme and salt; toss well. Arrange florets on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 400 for 1 hour or until golden brown, stirring after 30 minutes.
- ☐ Combine florets, 2 cups broth, and milk in a blender. Process 3 minutes or until smooth.
- ☐ Pour pureed mixture into a large saucepan.
- ☐ Add remaining 2 cups broth and pepper. Cook over medium heat until thoroughly heated.
- ☐ Garnish with fresh thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:1.64, Inflammation Score:-7, Nutrition Score:14.060869481253%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 82.13kcal (4.11%), Fat: 2.7g (4.15%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 7.73g (2.81%), Sugar: 6.03g (6.7%), Cholesterol: 4.13mg (1.38%), Sodium: 830.25mg (36.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.21%), Vitamin C: 82.69mg (100.23%), Vitamin K: 27.09µg (25.8%), Folate: 100.84µg (25.21%), Potassium: 617.44mg (17.64%), Vitamin B6: 0.35mg (17.49%), Manganese: 0.29mg (14.61%), Vitamin B5: 1.46mg (14.56%), Fiber: 3.46g (13.83%), Phosphorus: 135.24mg (13.52%), Vitamin B2: 0.22mg

(13.13%), Calcium: 105.68mg (10.57%), Vitamin B12: 0.5µg (8.34%), Magnesium: 32.96mg (8.24%), Vitamin B3: 1.55mg (7.75%), Vitamin B1: 0.11mg (7.55%), Selenium: 4.81µg (6.87%), Iron: 0.96mg (5.32%), Zinc: 0.74mg (4.92%), Copper: 0.09mg (4.67%), Vitamin E: 0.3mg (1.97%), Vitamin A: 70.54IU (1.41%)