

health-score63%

HEALTH SCORE

Roasted Cauliflower Soup

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

95 min.

SERVINGS

servings

6

CALORIES

calories

141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 heads cauliflower
- ☐ 4 cloves garlic chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.3 cup olive oil
- ☐ 1 large onion chopped
- ☐ 6 cups water

Equipment

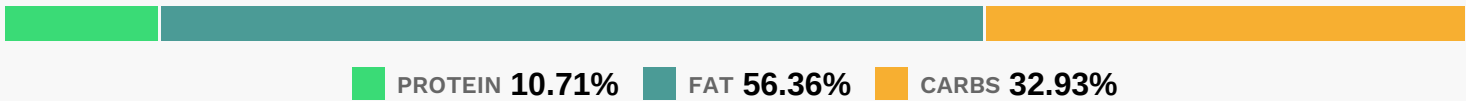
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ broiler
- ☐ immersion blender

Directions

- ☐ Place the cauliflower florets into a large bowl of lightly salted water; allow to stand for 20 minutes.
- ☐ Drain well, and arrange on a sheet of heavy aluminum foil on a baking sheet. Spray the olive oil cooking spray evenly on the cauliflower.
- ☐ Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- ☐ Broil the cauliflower until browned, 20 to 30 minutes.
- ☐ Meanwhile, heat olive oil in a large soup pot, and cook the onion until translucent, about 5 minutes; stir in the garlic and roasted cauliflower.
- ☐ Pour in the water, season with salt and black pepper, and simmer until all the vegetables are tender, about 30 minutes. Blend the soup in the pot with an immersion hand blender until creamy and smooth.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:2.54, Inflammation Score:-6, Nutrition Score:13.96521746675%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 140.71kcal (7.04%), Fat: 9.57g (14.73%), Saturated Fat: 1.5g (9.41%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 8.26g (3%), Sugar: 4.74g (5.27%), Cholesterol: 0mg (0%), Sodium: 70.87mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin C: 94.86mg (114.98%), Vitamin K: 35.42µg (33.74%), Folate: 114.08µg (28.52%), Vitamin B6: 0.41mg (20.39%), Manganese: 0.38mg (18.78%), Potassium: 619.02mg (17.69%), Fiber: 4.33g (17.3%), Vitamin B5: 1.32mg (13.22%), Vitamin E: 1.46mg (9.71%), Phosphorus: 94.8mg (9.48%), Magnesium: 34.29mg (8.57%), Vitamin B1: 0.11mg (7.43%), Vitamin B2: 0.12mg (7.3%), Copper: 0.13mg (6.48%), Calcium: 59.17mg (5.92%), Iron: 0.95mg (5.29%), Vitamin B3: 1.02mg (5.08%), Zinc: 0.61mg (4.05%), Selenium: 1.56µg (2.23%)