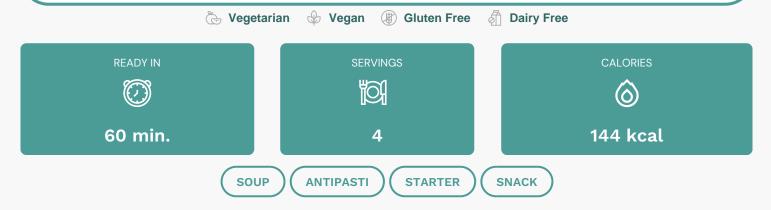


Roasted Cauliflower Soup



Ingredients

1 cauliflower (I used an orange one)
2 cloves garlic peeled
0.3 teaspoon nutmeg freshly grated
1 onion cut into wedges
4 servings paprika smoked spanish
1 large potatoes cubed peeled
4 servings salt and pepper to taste
4 drops truffle oil good (optional but

	4 cups vegetable stock fat-free		
Equipment			
	bowl		
	baking sheet		
	ladle		
	baking paper		
	oven		
	pot		
	blender		
	baking pan		
Di	rections		
	Cut the cauliflower into florets and place them into a large baking dish covered with parchment paper or silicone baking sheet. Lightly spray the top of the cauliflower with oil (you can skip the oil if you like, but watch carefully for burning).		
	Bake for 20 minutes.		
	Sprinkle the onion wedges and garlic on top of the cauliflower, spray lightly with olive oil, and return to the oven. Cook for 20–25 more minutes, stirring once halfway through. While the vegetables are roasting, heat the vegetable broth and add the chopped potato. Bring to a boil and reduce the heat. Cook covered on very low until cauliflower is ready.		
	Add the cauliflower mixture to the broth. Puree it, in batches, in the blender until very smooth. Return it to the pot and add the nutmeg and salt and pepper to taste. Simmer for 10 minutes. Just before serving, stir in a few drops of truffle oil, if desired. Ladle into bowls and serve, sprinkled with smoked Spanish paprika.		
Nutrition Facts			
PROTEIN 13.28% FAT 9.8% CARBS 76.92%			
Pro	Properties		

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 Isorhamnetin: 1.38mg, Isorhamnetin

Nutrients (% of daily need)

Calories: 144.27kcal (7.21%), Fat: 1.69g (2.61%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 24.16g (8.78%), Sugar: 6.78g (7.54%), Cholesterol: Omg (0%), Sodium: 1184.53mg (51.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Vitamin C: 89.98mg (109.06%), Vitamin B6: 0.61mg (30.49%), Folate: 102.55µg (25.64%), Potassium: 887.64mg (25.36%), Vitamin K: 25.57µg (24.36%), Fiber: 5.78g (23.11%), Manganese: 0.44mg (22.23%), Vitamin A: 995.75IU (19.91%), Vitamin B5: 1.3mg (13%), Phosphorus: 129.51mg (12.95%), Magnesium: 47.92mg (11.98%), Vitamin B1: 0.17mg (11%), Vitamin B3: 1.85mg (9.23%), Iron: 1.63mg (9.05%), Copper: 0.18mg (8.97%), Vitamin B2: 0.14mg (8.07%), Calcium: 54.38mg (5.44%), Zinc: 0.77mg (5.11%), Vitamin E: 0.57mg (3.77%), Selenium: 1.56µg (2.22%)