

# Roasted Cauliflower Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



144 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## 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

## Directions

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%**

## Properties

Glycemic Index:75.69, Glycemic Load:15.28, Inflammation Score:-8, Nutrition Score:16.169130418612%

## 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: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

## 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: 0mg (0%), Sodium: 1184.53mg (51.5%), Alcohol: 0g (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%)