



Roasted Cauliflower Soup

READY IN



80 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons almonds toasted sliced
- ☐ 1 ounce bread baguette french
- ☐ 8 cups cauliflower florets (1 large head)
- ☐ 4 cups chicken stock see unsalted (such as Swanson)
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 4 garlic cloves chopped
- ☐ 0.5 cup half-and-half
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 teaspoons olive oil

- ☐ 1.5 ounces pancetta chopped thin
- ☐ 1 tablespoon butter unsalted divided
- ☐ 1 cup water
- ☐ 0.8 cup onion yellow chopped

Equipment

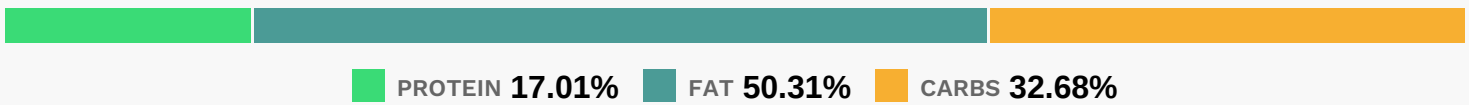
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Preheat oven to 450
- ☐ Place cauliflower in a large bowl; drizzle with oil, and sprinkle with 1/4 teaspoon salt. Toss to coat. Arrange mixture in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 450 for 40 minutes or until tender and browned, stirring once after 30 minutes.
- ☐ Heat a large Dutch oven over medium heat. Coat pan with cooking spray.
- ☐ Add ham; cook 3 minutes or until crisp.
- ☐ Remove ham; drain on paper towels. Melt 1 1/2 teaspoons butter in pan.
- ☐ Add onion and garlic; saut 5 minutes, stirring occasionally.
- ☐ Add cauliflower, stock, and 1 cup water; bring to a boil. Reduce heat, and simmer 20 minutes, stirring occasionally.
- ☐ Remove from heat; stir in half-and-half.
- ☐ Place half of cauliflower mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.

- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth; pour pureed soup into a bowl. Repeat with remaining cauliflower mixture. Stir in remaining 1/4 teaspoon salt.
- ☐ Place torn bread in a food processor; pulse 2 times or until coarsely chopped. Melt remaining 1 1/2 teaspoons butter in a skillet over medium heat; swirl.
- ☐ Add breadcrumbs; saut 5 minutes or until golden, stirring frequently.
- ☐ Remove from heat.
- ☐ Combine ham, breadcrumbs, parsley, and toasted almonds. Ladle about 1 1/4 cups soup into each of 4 bowls; top each serving with about 2 1/2 tablespoons toasted breadcrumb mixture.

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:5.74, Inflammation Score:-8, Nutrition Score:25.573912843414%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 343.66kcal (17.18%), Fat: 19.97g (30.72%), Saturated Fat: 6.99g (43.67%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 23.39g (8.51%), Sugar: 10.85g (12.06%), Cholesterol: 32.33mg (10.78%), Sodium: 832.65mg (36.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.19g (30.39%), Vitamin C: 105.3mg (127.63%), Vitamin K: 95.04µg (90.52%), Folate: 150.52µg (37.63%), Vitamin B6: 0.65mg (32.62%), Manganese: 0.62mg (30.79%), Vitamin B2: 0.52mg (30.78%), Potassium: 1051.77mg (30.05%), Vitamin B3: 5.99mg (29.93%), Phosphorus: 256.67mg (25.67%), Fiber: 5.79g (23.16%), Vitamin B1: 0.31mg (20.75%), Magnesium: 72.71mg (18.18%), Vitamin E: 2.69mg (17.96%), Selenium: 12.53µg (17.91%), Copper: 0.34mg (16.97%), Vitamin B5: 1.61mg (16.13%), Iron: 2.32mg (12.88%), Calcium: 128.28mg (12.83%), Vitamin A: 522.53IU (10.45%), Zinc: 1.56mg (10.42%), Vitamin B12: 0.12µg (1.94%)