



Roasted Cauliflower Soup with Hazelnut Oil

READY IN



45 min.

SERVINGS



12

CALORIES



86 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 pounds cauliflower florets
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 4 cups milk fat-free
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 garlic head whole
- ☐ 1.5 tablespoons roasted hazelnut oil
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion thinly sliced

- ☐ 0.5 teaspoon salt
- ☐ 2 thyme sprigs fresh

Equipment

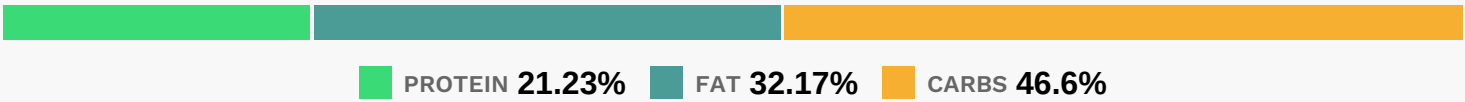
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat oven to 425
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap in foil. Arrange cauliflower in a single layer on a baking sheet coated with cooking spray.
- ☐ Add garlic to pan.
- ☐ Bake garlic and cauliflower at 425 for 35 minutes or until golden brown, turning cauliflower after 20 minutes. Cool 10 minutes. Separate garlic cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Heat olive oil in a large Dutch oven over medium-high heat.
- ☐ Add onion to pan; saute 8 minutes or until tender, stirring frequently.
- ☐ Add milk, broth, and thyme sprigs; bring to a simmer. Cook 10 minutes, stirring occasionally.
- ☐ Discard thyme sprigs. Stir in reserved garlic pulp and cauliflower.
- ☐ Place half of milk 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 into a large bowl. Repeat procedure with remaining milk mixture. Stir in hazelnut oil, salt, and pepper. Ladle 1 cup soup into each of 12 bowls; top each serving with 2 teaspoons

parsley.

Nutrition Facts



Properties

Glycemic Index:19.27, Glycemic Load:2.66, Inflammation Score:-7, Nutrition Score:11.459565141927%

Flavonoids

Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 85.54kcal (4.28%), Fat: 3.25g (5%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 8.51g (3.09%), Sugar: 6.77g (7.52%), Cholesterol: 2.45mg (0.82%), Sodium: 290.89mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin K: 53.6µg (51.05%), Vitamin C: 42.08mg (51.01%), Calcium: 136.72mg (13.67%), Folate: 54.01µg (13.5%), Phosphorus: 134.09mg (13.41%), Potassium: 427.73mg (12.22%), Vitamin B6: 0.23mg (11.46%), Vitamin B2: 0.17mg (10%), Vitamin B12: 0.54µg (9%), Vitamin B5: 0.88mg (8.81%), Manganese: 0.17mg (8.71%), Fiber: 2.09g (8.35%), Vitamin A: 385.9IU (7.72%), Vitamin E: 1.06mg (7.04%), Vitamin B1: 0.1mg (6.73%), Magnesium: 25.79mg (6.45%), Vitamin D: 0.9µg (5.99%), Zinc: 0.66mg (4.38%), Selenium: 2.99µg (4.27%), Vitamin B3: 0.73mg (3.67%), Iron: 0.62mg (3.44%), Copper: 0.05mg (2.69%)