

Simple Cauliflower Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



145 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 head cauliflower
- 2 cups milk
- 1 onion chopped
- 1 potatoes diced peeled
- 6 servings salt and pepper to taste
- 2 tablespoons butter unsalted
- 2 cups vegetable stock

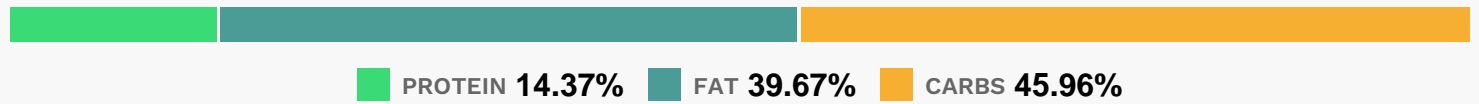
Equipment

pot

Directions

- Melt the butter in a large pot over medium heat.
- Saute the onion in the butter for 5 minutes. Stir in the cauliflower and potato and saute for 5 more minutes.
- Pour in the stock, bring to a boil, reduce heat to low and simmer for 20 minutes, or until all vegetables are tender.
- Add the milk, stirring well to blend. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:7.72, Inflammation Score:-6, Nutrition Score:11.6408695449%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 144.8kcal (7.24%), Fat: 6.71g (10.32%), Saturated Fat: 4.05g (25.32%), Carbohydrates: 17.48g (5.83%), Net Carbohydrates: 14.47g (5.26%), Sugar: 7.47g (8.29%), Cholesterol: 19.79mg (6.6%), Sodium: 570.16mg (24.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.93%), Vitamin C: 54.54mg (66.11%), Vitamin B6: 0.35mg (17.64%), Potassium: 585.92mg (16.74%), Folate: 63.93µg (15.98%), Vitamin K: 16.17µg (15.4%), Phosphorus: 150.99mg (15.1%), Calcium: 130.84mg (13.08%), Fiber: 3.01g (12.04%), Manganese: 0.23mg (11.52%), Vitamin B2: 0.19mg (11.04%), Vitamin B5: 1.08mg (10.75%), Vitamin B1: 0.13mg (8.7%), Magnesium: 34.23mg (8.56%), Vitamin A: 416.31IU (8.33%), Vitamin B12: 0.45µg (7.45%), Vitamin D: 0.96µg (6.43%), Zinc: 0.73mg (4.87%), Vitamin B3: 0.97mg (4.84%), Copper: 0.08mg (4.23%), Iron: 0.72mg (4%), Selenium: 2.37µg (3.38%), Vitamin E: 0.23mg (1.55%)