

Smooth Cauliflower Soup

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



50 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 1 large carrots cubed
- 1 head cauliflower chopped
- 0.3 cup parsley fresh chopped
- 1 clove garlic crushed
- 0.3 cup spring onion chopped
- 0.3 teaspoon nutmeg

- 1.5 teaspoons salt
- 6 cups water

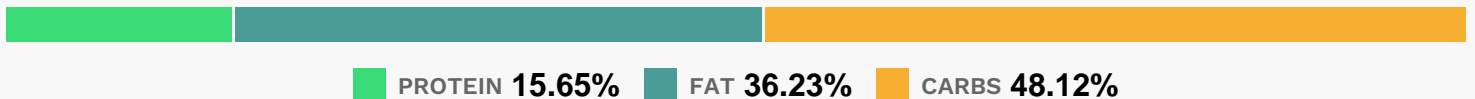
Equipment

- food processor
- sauce pan
- pot
- blender
- immersion blender

Directions

- In a large pot over medium heat, melt butter. Cook garlic in butter 30 seconds, then stir in nutmeg, pepper and salt and cook 30 seconds more.
- Pour in the water and introduce the cauliflower. Bring to a boil, then reduce heat, cover and simmer 20 minutes, until cauliflower is tender.
- In a small saucepan over medium heat, cook carrot with water to cover until just tender.
- Drain and reserve.
- Puree cauliflower soup in a blender or food processor or with an immersion blender. Stir in reserved carrots, green onion and parsley.
- Serve.

Nutrition Facts



Properties

Glycemic Index:54.14, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:12.124347700049%

Flavonoids

Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 49.68kcal (2.48%), Fat: 2.26g (3.47%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 4.21g (1.53%), Sugar: 2.58g (2.87%), Cholesterol: 5.02mg (1.67%), Sodium: 647.64mg (28.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin K: 69.25µg (65.95%), Vitamin C: 51.43mg (62.34%), Vitamin A: 2329.6IU (46.59%), Folate: 64.42µg (16.11%), Vitamin B6: 0.21mg (10.26%), Potassium: 358.21mg (10.23%), Fiber: 2.53g (10.11%), Manganese: 0.2mg (10.07%), Vitamin B5: 0.69mg (6.93%), Magnesium: 21.02mg (5.26%), Phosphorus: 51.51mg (5.15%), Copper: 0.09mg (4.64%), Vitamin B2: 0.07mg (4.29%), Calcium: 41.94mg (4.19%), Vitamin B1: 0.06mg (4.17%), Iron: 0.7mg (3.89%), Vitamin B3: 0.67mg (3.36%), Zinc: 0.37mg (2.48%), Vitamin E: 0.26mg (1.74%), Selenium: 0.72µg (1.03%)