

Soup With Curry

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



90 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup carrots chopped
- 16 ounce cauliflower florets frozen thawed
- 0.5 cup celery chopped
- 0.5 teaspoon curry powder
- 14.5 ounce less-sodium chicken broth fat-free canned
- 2 cups milk fat-free divided
- 2 tablespoons butter light
- 1 cup onion chopped

0.3 teaspoon pepper

0.8 teaspoon salt

Equipment

bowl

frying pan

blender

dutch oven

Directions

Heat a Dutch oven coated with cooking spray over medium-high heat.

Add onion, celery, and carrot; cook 4 minutes, stirring frequently.

Add cauliflower, broth, curry powder, and pepper; bring to a boil over high heat. Cover, reduce heat, and simmer 20 minutes or until carrot is tender.

Remove from heat; stir in 1 cup milk.

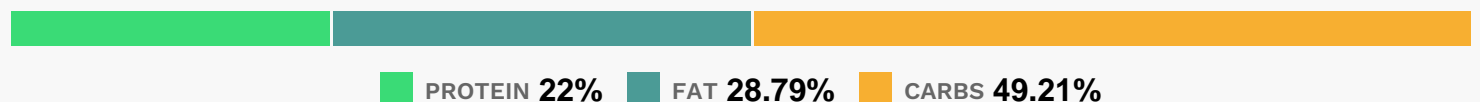
Place 1 cup cauliflower mixture in a blender; process 10 seconds or until smooth, and pour into a large bowl. Repeat procedure with remaining cauliflower mixture.

Return cauliflower mixture to pan; stir in remaining 1 cup milk and salt. Cook over medium heat until thoroughly heated, stirring frequently.

Remove from heat; add butter, stirring until melted.

Garnish with celery leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:34.68, Glycemic Load:2.98, Inflammation Score:-9, Nutrition Score:11.699565161829%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin:

1.34mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 89.66kcal (4.48%), Fat: 3.06g (4.7%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 9.28g (3.38%), Sugar: 7.43g (8.25%), Cholesterol: 7.4mg (2.47%), Sodium: 644mg (28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.51%), Vitamin C: 39.32mg (47.66%), Vitamin A: 2068.24IU (41.36%), Vitamin K: 16.23µg (15.45%), Phosphorus: 143.97mg (14.4%), Calcium: 143.78mg (14.38%), Folate: 55.85µg (13.96%), Potassium: 484.98mg (13.86%), Vitamin B6: 0.25mg (12.58%), Vitamin B2: 0.19mg (11.11%), Vitamin B12: 0.62µg (10.28%), Manganese: 0.2mg (10.2%), Fiber: 2.48g (9.9%), Vitamin B5: 0.96mg (9.62%), Vitamin B1: 0.11mg (7.36%), Magnesium: 27.5mg (6.88%), Vitamin D: 0.94µg (6.3%), Selenium: 3.85µg (5.5%), Vitamin B3: 1.03mg (5.16%), Zinc: 0.69mg (4.59%), Iron: 0.63mg (3.49%), Copper: 0.06mg (3.25%), Vitamin E: 0.27mg (1.8%)