






 **30%**  
HEALTH SCORE

# Southwestern Cauliflower and Ham Soup

 **Gluten Free**

READY IN  
  
**30 min.**

SERVINGS  
  
**4**

CALORIES  
  
**655 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3.5 cups cauliflower florets
- 29 ounce chicken broth canned
- 1 cup finely-chopped ham cooked chopped
- 5 tablespoons cilantro leaves fresh chopped
- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 1.5 cups pepper jack cheese shredded
- 0.3 cup potatoes

## Equipment

- food processor
- pot
- blender

## Directions

- In a large pot over medium heat, cook onion in oil until just beginning to brown.
- Pour in broth and bring to a boil. Stir in cauliflower, bring to a boil again and cook until cauliflower is tender, 2 to 5 minutes.
- Remove half of cauliflower mixture and puree in a blender or food processor until smooth. Return to pot with ham and cheese and cook until cheese is melted. Stir in potato flakes and heat through.
- Serve topped with cilantro.

## Nutrition Facts

**PROTEIN 43.42%** **FAT 49.49%** **CARBS 7.09%**

## Properties

Glycemic Index:29.5, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:26.703043201695%

## 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: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

## Nutrients (% of daily need)

Calories: 654.59kcal (32.73%), Fat: 35.42g (54.5%), Saturated Fat: 13.81g (86.31%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 9.07g (3.3%), Sugar: 2.86g (3.18%), Cholesterol: 161.1mg (53.7%), Sodium: 1602.46mg (69.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.93g (139.86%), Selenium: 50.69µg (72.41%), Vitamin C: 53.41mg (64.74%), Phosphorus: 635.49mg (63.55%), Zinc: 7.34mg (48.92%), Vitamin B12: 2.81µg (46.76%), Calcium: 371.82mg (37.18%), Vitamin B6: 0.71mg (35.51%), Vitamin B3: 6.68mg (33.42%), Vitamin B2: 0.5mg (29.46%), Vitamin K: 23.41µg (22.3%), Potassium: 762.81mg (21.79%), Iron: 3.7mg (20.56%), Magnesium: 74.16mg (18.54%),

Folate: 68.3µg (17.07%), Vitamin B1: 0.25mg (16.43%), Vitamin A: 724.21IU (14.48%), Vitamin B5: 1.02mg (10.25%),  
Copper: 0.2mg (9.88%), Fiber: 2.35g (9.41%), Manganese: 0.19mg (9.38%), Vitamin E: 1.36mg (9.06%), Vitamin D:  
0.46µg (3.07%)