

Spiced Cauliflower Soup

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



206 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 head cauliflower cut into florets
- 1.5 cups chicken broth
- 1 clove garlic minced
- 6 servings nutmeg for garnish
- 0.8 cup cup heavy whipping cream
- 2 tablespoons olive oil
- 1 teaspoon salt
- 0.3 cup cream sour






Equipment

- sauce pan
- pot
- blender
- kitchen towels

Directions

- Bring a saucepan of lightly salted water to a boil.
- Add the cauliflower florets, and cook uncovered for 4 to 6 minutes until just tender.
- Drain well and set aside.
- Heat the olive oil in the saucepan over medium heat. Stir in the garlic, and cook until fragrant, about 1 minute.
- Add the drained cauliflower, 1/4 teaspoon nutmeg, and salt. Cook and stir 2 to 3 minutes, then pour in the chicken broth and bring to a boil over medium-high heat. Reduce heat to medium-low, cover, and simmer until the cauliflower is very tender, 15 or 20 minutes.
- Pour the mixture into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the cauliflower moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the cauliflower right in the cooking pot. Stir in the cream, and cook over medium-low heat until hot.
- Serve with a dollop of sour cream and a sprinkle of nutmeg.

Nutrition Facts

  
 **PROTEIN 6.53%**  **FAT 79.35%**  **CARBS 14.12%**

Properties

Glycemic Index:22, Glycemic Load:1.36, Inflammation Score:-6, Nutrition Score:9.2086956293687%

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 Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 206.43kcal (10.32%), Fat: 19.01g (29.24%), Saturated Fat: 9.43g (58.93%), Carbohydrates: 7.61g (2.54%), Net Carbohydrates: 5.27g (1.91%), Sugar: 3.96g (4.4%), Cholesterol: 42.33mg (14.11%), Sodium: 646.78mg (28.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin C: 46.7mg (56.61%), Vitamin K: 18.82µg (17.92%), Folate: 58.12µg (14.53%), Manganese: 0.24mg (12.23%), Vitamin A: 520.19IU (10.4%), Vitamin B6: 0.2mg (10.07%), Vitamin B2: 0.17mg (10.07%), Potassium: 350.48mg (10.01%), Fiber: 2.34g (9.37%), Vitamin B5: 0.77mg (7.66%), Phosphorus: 76.51mg (7.65%), Vitamin E: 1.09mg (7.3%), Calcium: 60.85mg (6.08%), Magnesium: 22.12mg (5.53%), Vitamin B1: 0.08mg (5.11%), Copper: 0.07mg (3.7%), Vitamin B3: 0.67mg (3.37%), Selenium: 2.28µg (3.26%), Iron: 0.58mg (3.23%), Vitamin D: 0.48µg (3.17%), Zinc: 0.46mg (3.09%), Vitamin B12: 0.09µg (1.44%)