



Stilton Cauliflower Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 lb cauliflower cut into 1-inch florets (2 1/4 cups)
- ☐ 2 celery stalks with a vegetable peeler and ribs finely chopped
- ☐ 2 cups chicken broth
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup cream light
- ☐ 1 medium onion finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 4 servings coarsely stilton cheese crumbled

- ☐ 2 oz coarsely stilton cheese crumbled
- ☐ 3 tablespoons butter unsalted
- ☐ 0.3 teaspoon pepper white
- ☐ 1 cup milk whole

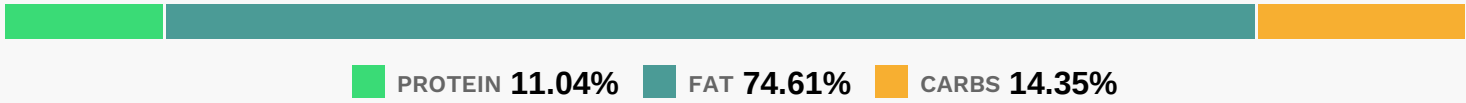
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Cook onion, celery, and cauliflower in butter in a 3 1/2- to 4-quart heavy saucepan over moderate heat, stirring occasionally, until onion and celery are softened, 8 to 10 minutes.
- ☐ Add broth and 1 cup milk and simmer, covered, until cauliflower is very tender, about 25 minutes.
- ☐ Purée cauliflower mixture in 2 batches in a blender until very smooth (use caution when blending hot liquids), then return to cleaned saucepan and bring to a simmer.
- ☐ Whisk together cornstarch and remaining 2 tablespoons milk in a small bowl until cornstarch is dissolved, then add to soup and simmer, whisking, until soup is slightly thickened, 1 to 2 minutes.
- ☐ Add Stilton, cream, pepper, and salt and cook over low heat, whisking, until Stilton is melted and soup is smooth, about 1 minute
- ☐ • Soup can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat over moderate heat, stirring.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:2.29, Inflammation Score:-6, Nutrition Score:10.301739091459%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 287.47kcal (14.37%), Fat: 24.5g (37.69%), Saturated Fat: 15.24g (95.28%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 8.93g (3.25%), Sugar: 5.83g (6.48%), Cholesterol: 76.79mg (25.6%), Sodium: 737.36mg (32.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.31%), Vitamin C: 29.63mg (35.92%), Calcium: 202.97mg (20.3%), Phosphorus: 179.47mg (17.95%), Vitamin B2: 0.3mg (17.36%), Vitamin A: 791.51IU (15.83%), Potassium: 398mg (11.37%), Folate: 45.25µg (11.31%), Vitamin K: 11.57µg (11.02%), Vitamin B6: 0.21mg (10.5%), Vitamin B12: 0.62µg (10.26%), Vitamin B5: 1.01mg (10.06%), Manganese: 0.19mg (9.49%), Vitamin B1: 0.11mg (7.49%), Vitamin D: 1.08µg (7.22%), Zinc: 1.02mg (6.83%), Fiber: 1.67g (6.68%), Selenium: 4.59µg (6.55%), Magnesium: 25.89mg (6.47%), Vitamin E: 0.68mg (4.52%), Vitamin B3: 0.82mg (4.1%), Copper: 0.06mg (3.15%), Iron: 0.46mg (2.56%)