



Tim Perry's Soup (Creamy Curry Cauliflower and Broccoli Soup)

READY IN



60 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 head broccoli finely chopped
- 1 head cauliflower finely chopped
- 1 tablespoon chicken soup base
- 1 quart chicken broth
- 1 teaspoon curry powder
- 0.3 cup flour all-purpose
- 0.5 cup milk
- 1 onion finely chopped

- 4 servings salt and pepper to taste
- 2 cups cheddar cheese shredded

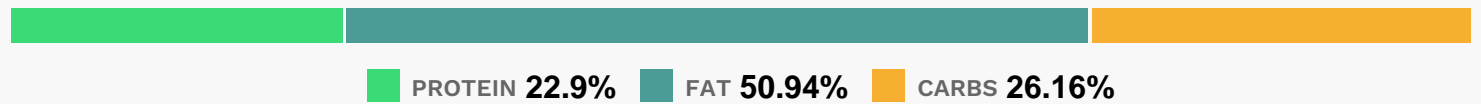
Equipment

- bowl
- whisk
- pot

Directions

- In a stockpot, combine chicken broth, onion, cauliflower, and broccoli. Bring to a boil and reduce heat to low. Continue to simmer until vegetables are tender. Season with curry powder, chicken bouillon, salt, and pepper.
- In a bowl, combine flour and 1/2 cup of the milk.
- Whisk briskly until there are no lumps.
- Add mixture to soup, stirring continuously as soup thickens. Stir in Cheddar cheese until completely melted.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:8.15, Inflammation Score:-9, Nutrition Score:28.883913040161%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6.65mg, Kaempferol: 6.65mg, Kaempferol: 6.65mg, Kaempferol: 6.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg

Nutrients (% of daily need)

Calories: 369.19kcal (18.46%), Fat: 21.71g (33.4%), Saturated Fat: 11.8g (73.73%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 19.39g (7.05%), Sugar: 8.13g (9.03%), Cholesterol: 65.05mg (21.68%), Sodium: 1820.79mg (79.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.96g (43.93%), Vitamin C: 139.19mg (168.71%),

Vitamin K: 101.88µg (97.03%), Calcium: 526.12mg (52.61%), Phosphorus: 432.68mg (43.27%), Folate: 162.37µg (40.59%), Vitamin B2: 0.66mg (38.75%), Selenium: 23.5µg (33.57%), Manganese: 0.61mg (30.53%), Vitamin B6: 0.5mg (24.93%), Potassium: 861.94mg (24.63%), Fiber: 5.7g (22.78%), Vitamin A: 1099.26IU (21.99%), Zinc: 3.19mg (21.25%), Vitamin B1: 0.29mg (19.03%), Vitamin B5: 1.84mg (18.38%), Magnesium: 65.25mg (16.31%), Vitamin B12: 0.81µg (13.58%), Vitamin B3: 2.34mg (11.68%), Iron: 2mg (11.1%), Vitamin E: 1.37mg (9.12%), Copper: 0.17mg (8.7%), Vitamin D: 0.67µg (4.5%)