

# Cream of Cauliflower Soup

*Southern Living - 1987 Annual Recipes*

## **Yield: 4 cups**

*1 head (one pound) cauliflower,  
broken into flowerets  
1 small onion, chopped  
1/4 cup water  
3 tablespoons butter or margarine  
1 tablespoon chicken-flavored bouillon  
granules  
2 cups milk  
1/2 teaspoon salt  
1/4 teaspoon ground nutmeg  
1/4 to 1/2 teaspoon white pepper  
chopped parsley (for garnish)  
(optional)  
shredded Cheddar cheese (for garnish)  
(optional)*

In a two-quart microwavable casserole, combine the cauliflower, onion and water. Cover and microwave on HIGH for 4 to 7 minutes, stirring once. Let stand, covered, for 2 to 3 minutes.

Spoon the cauliflower mixture into the container of an electric blender or food processor. Add the butter, bouillon, milk, salt, nutmeg and pepper.

Cover and process at LOW speed for 3 to 4 seconds. Process at HIGH speed until the mixture is smooth, about 1 minute.

Return the mixture to the casserole. Microwave on HIGH for 4 minutes, stirring once.

Sprinkle each serving with parsley or Cheddar cheese. Serve immediately.

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Per Serving (excluding unknown items): 680 Calories; 51g Fat (66.3% calories from fat); 20g Protein; 39g Carbohydrate; 5g Dietary Fiber; 159mg Cholesterol; 1691mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 2 Non-Fat Milk; 10 Fat.

Soups, Chili and Stews

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	680	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	66.3%	<b>Vitamin B12 (mcg):</b>	1.8mcg
<b>% Calories from Carbohydrates:</b>	22.3%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	11.4%	<b>Riboflavin B2 (mg):</b>	.9mg
<b>Total Fat (g):</b>	51g	<b>Folacin (mcg):</b>	104mcg
<b>Saturated Fat (g):</b>	32g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	15g	<b>Caffeine (mg):</b>	0mg

Polyunsaturated Fat (g):	2g
Cholesterol (mg):	159mg
Carbohydrate (g):	39g
Dietary Fiber (g):	5g
Protein (g):	20g
Sodium (mg):	1691mg
Potassium (mg):	1229mg
Calcium (mg):	651mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	58mg
Vitamin A (i.u.):	1935IU
Vitamin A (r.e.):	509 1/2RE

Alcohol (kcal):  
% Deficit: 0 0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	2
Fat:	10
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 680      Calories from Fat: 451

### % Daily Values\*

<b>Total Fat</b>	51g	79%
Saturated Fat	32g	159%
<b>Cholesterol</b>	159mg	53%
<b>Sodium</b>	1691mg	70%
<b>Total Carbohydrates</b>	39g	13%
Dietary Fiber	5g	20%
<b>Protein</b>	20g	
<b>Vitamin A</b>		39%
<b>Vitamin C</b>		97%
<b>Calcium</b>		65%
<b>Iron</b>		7%

\* Percent Daily Values are based on a 2000 calorie diet.