

Cauliflower Cheese Soup

Nancy Vienneau, Nashville TN
The Third Thursday Community Potluck Cookbook

2 tablespoons butter
3 tablespoons flour
2 1/2 cups chicken stock
1 clove garlic, crushed
1/2 teaspoon coarse salt
1 large head cauliflower, chopped
1 cup 2% low-fat milk
3 ounces Sargento Bruschetta Jack
cheese (or plain Jack)
1/2 cup half and half or cream

In a large saucepan, melt the butter. Add the flour and whisk well. Cook for 2 minutes.

Add the stock and cook for 5 minutes.

Add the garlic, salt, cauliflower and milk. Cook for 10 minutes.

Add the cheese and cook on LOW heat for 5 to 10 minutes until the cheese melts. Add the cream.

Top with roasted yellow tomatoes, if desired.

Per Serving (excluding unknown items): 494 Calories; 29g Fat (54.7% calories from fat); 15g Protein; 38g Carbohydrate; 3g Dietary Fiber; 80mg Cholesterol; 6695mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 1 Non-Fat Milk; 5 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	494
% Calories from Fat:	54.7%
% Calories from Carbohydrates:	32.4%
% Calories from Protein:	12.8%
Total Fat (g):	29g
Saturated Fat (g):	18g
Monounsaturated Fat (g):	9g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	80mg
Carbohydrate (g):	38g
	3g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	2.7mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	83mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

1
1

Dietary Fiber (g):
 Protein (g): 15g
 Sodium (mg): 6695mg
 Potassium (mg): 938mg
 Calcium (mg): 347mg
 Iron (mg): 5mg
 Zinc (mg): 1mg
 Vitamin C (mg): 50mg
 Vitamin A (i.u.): 1386IU
 Vitamin A (r.e.): 355 1/2RE

Grain (Starch):
 Lean Meat: 0
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 1
 Fat: 5 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	494	Calories from Fat: 271
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% Daily Values*

Total Fat	29g	44%
Saturated Fat	18g	88%
Cholesterol	80mg	27%
Sodium	6695mg	279%
Total Carbohydrates	38g	13%
Dietary Fiber	3g	13%
Protein	15g	
Vitamin A		28%
Vitamin C		83%
Calcium		35%
Iron		30%

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