

Cauliflower-Cheddar Soup

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www.dashrecipes.com

Servings: 4

2 tablespoons butter
2 tablespoons flour
2 bags (16 ounce ea) frozen cauliflower
1 small onion, chopped
32 ounces chicken broth
1 teaspoon Kosher salt
1 1/2 cups Cheddar cheese, grated
Kosher salt
freshly ground pepper
2 tablespoons heavy cream (optional)

In a pot over medium heat, melt the butter. Add the flour and cook, stirring, for 3 minutes.

Add the cauliflower, onion, chicken broth and Kosher salt. Bring to a boil. Reduce to a simmer and cook for 7 to 8 minutes. Remove from the heat.

Puree' using an immersion blender or a standard blender. Return to the pot over medium-low heat.

Stir in the Cheddar cheese. Season with salt and pepper to taste.

Stir in the heavy cream, if desired.

Per Serving (excluding unknown items): 299 Calories; 21g Fat (64.0% calories from fat); 17g Protein; 10g Carbohydrate; 2g Dietary Fiber; 60mg Cholesterol; 1530mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 Vegetable; 3 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	299	Vitamin B6 (mg):	.2mg
% Calories from Fat:	64.0%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	13.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	23.0%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	21g	Folacin (mcg):	61mcg
Saturated Fat (g):	13g	Niacin (mg):	4mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

Cholesterol (mg):	60mg
Carbohydrate (g):	10g
Dietary Fiber (g):	2g
Protein (g):	17g
Sodium (mg):	1530mg
Potassium (mg):	413mg
Calcium (mg):	338mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	34mg
Vitamin A (i.u.):	688IU
Vitamin A (r.e.):	191RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 299 **Calories from Fat:** 191

% Daily Values*

Total Fat 21g	33%
Saturated Fat 13g	65%
Cholesterol 60mg	20%
Sodium 1530mg	64%
Total Carbohydrates 10g	3%
Dietary Fiber 2g	8%
Protein 17g	

Vitamin A	14%
Vitamin C	57%
Calcium	34%
Iron	8%

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