

Cauliflower Soup

By VICTORIA SUMMERSGILL from Bath Spa University



CALORIES:

52

Kcal / 100.0

41% Carbs

28.5% Protein

30.5% Fat

Food Labelling...

EU Label values per 100.0

Serves4

	PER 100.0	%RI	PER 183 SERVING	%RI	
Energy(Kj)	248 kJ	3%	455 kJ	5%	CONTAINS: CELERY MUSTARD MILK SULPHITES
Energy(Kcal)	59 kcal	3%	108 kcal	5%	
Fat	1.8 g	3%	3.2 g	5%	
of which saturates	0.6 g	3%	1.1 g	6%	
Carbohydrate	6.9 g	3%	13 g	5%	MAY CONTAIN: WHEAT
of which sugars	4.2 g	5%	7.6 g	8%	
Fibre	1.7 g	7%	3.1 g	12%	
Protein	3.7 g	7%	6.7 g	13%	
Salt	0.94 g	16%	1.7 g	28%	

Nutrient Breakdown per 100.0...

Energy		Lipid Components		Vitamins	
Energy(Kcal) 3% RI	52kcal	Saturated Fat 3% RI	0.59g	Vitamin A (ret eq) 4% RI	28.2ug
Energy(Kj) 3% RI	219kJ	Monounsaturated fat 2% RI	0.44g	Retinol	6.9ug
Macronutrients		cis-Mono	0.35g	Carotene	44ug
Carbohydrate 2% RI	5.4g	Polyunsaturated fat 2% RI	0.27g	Vitamin D	
Protein 7% RI	3.7g	Omega3(n-3) 1% RI	0.03g	Vitamin E 3% RI	0.31mg
Fat 3% RI	1.8g	Omega6(n-6) 0% RI	0.06g	Vitamin K 1 27% RI	19.9ug
Water	85g	cis-Poly	0.04g	Thiamin (B1) 9% RI	0.1mg
Water from Drinks		Trans-fatty acids	0.03g	Riboflavin (B2) 9% RI	0.12mg
Alcohol		Cholesterol	2.7mg	Niacin total (B3) 7% RI	1.1mg
Carbohydrate		Minerals & trace elements		Niacin	0.42mg
Starch	0.23g	Sodium 16% RI	375mg	Tryptophan	37.8mg
Oligosaccharide	0.78g	Potassium 11% RI	223mg	Pantothenic Acid (B5) 10% RI	0.6mg
Fibre 7% RI	1.7g	Chloride 14% RI	112mg	Vitamin B 6 14% RI	0.19mg
NSP	1.5g	Calcium 9% RI	70mg	Folates (B9) Total 16% RI	31.1ug
Sugars 5% RI	4.2g	Phosphorus 11% RI	77mg	Vitamin B 12 2% RI	0.05ug
Glucose	0.94g	Magnesium 3% RI	11.9mg	Biotin (B7) 3% RI	1.7ug
Galactose	0.76g	Iron 4% RI	0.62mg	Vitamin C 33% RI	26.6mg
Fructose	1g	Zinc 4% RI	0.4mg	Other	
Sucrose	0.35g	Copper 3% RI	0.03mg	GI (estimated)	35.6
Maltose		Manganese 7% RI	0.14mg	GL	1.5
Lactose	1.1g	Selenium 2% RI	1.3ug		
		Iodine 10% RI	15.5ug		

Recipe Ingredients ...	Quantity:	Description:	Cost:
Leeks, raw	178	2x leek	0.00
Cauliflower, raw	450	3.9x cup	0.00
Yogurt, whole milk, plain	180	4x tablespoon	0.00
Oil, olive	1.78	(auto-calculated)	0.00
Stock cubes, vegetable	15	1.5x stock cube	0.00
Dill, fresh	6	1.5x Average Portion	0.00
Salt	0	1x 1g	0.00
Pepper, black	0.2	2x average sprinkle	0.00
Mustard powder	1.5	0.5x teaspoon	0.00
Chilli powder	1.4	0.5x teaspoon	0.00

TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	183	95	0.00	

Ingredient List (QUID) ...

Cauliflower (61.3%), Yogurt (24.5%) (**Milk**), Leeks (24.3%), Vegetable stock cubes (2%) (**Celery**), Dill (0.82%), Olive Oil (0.24%), **Mustard** powder (0.2%) (**Sulphites**), Chilli powder (0.19%), Black pepper (0.03%)
For allergens, see items in bold. (May also contain traces of Wheat)

Cooking Instructions & Notes

- 1. Cook the leeks in the olive oil until soft
- 2. Add vegetable stock and cauliflower
- 3. Cover and simmer on low heat until cauliflower is tender
- 4. Blend the mixture until smooth and add the yogurt and spices
- 5. Serve warm