SPANISH · SIDE

Creamy Cauliflower Soup Without Cream

Crema de coliflor

35 min · Serves 4 · 186 kcal a serve · Video 9:48 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

Under 12 g net carbs a bowl and very rich in vitamin C: cauliflower, leek, onion and zucchini simmered in water and blended with their own cooking liquid instead of cream or broth. For DASH, a pinch of salt a serve.

Diet notes: Low saturated fat (1.9 g, 9% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 11 · SERVES 4

- [ ] 3 tbsp (45 ml) extra **virgin olive oil**
- [ ] 1 medium **onion**, roughly chopped
- [ ] 4 **garlic** cloves, roughly chopped
- [ ] 1 **leek**, white and pale green part, thinly sliced
- [ ] 1 medium **zucchini**, peeled and cut into chunks
- [ ] 1 head **cauliflower**, in large florets
- [ ] ½ tsp **dried thyme**
- [ ] 1.2 litres **water** for cooking (about 350 ml of it blended back in)
- [ ] **Salt**: a pinch of sea salt (to taste) and black pepper
- [ ] a handful of **fresh parsley**, to garnish
- [ ] extra **virgin olive oil**, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Chop the onion and garlic, slice the leek, and peel the zucchini and cut it into large chunks. Break the cauliflower into large florets and rinse them. 1:36
2. Heat 3 tbsp olive oil in a stockpot over medium heat and sauté the onion, leek and garlic 3–4 minutes, stirring, until the onion is translucent. 3:26
3. Add the zucchini and cook 2–3 minutes more, then stir in the thyme with salt and pepper. 3:58
4. Add the cauliflower and just enough water to barely cover it, bring to a boil over high heat, then cover and simmer over medium-low 5–10 minutes, until a toothpick goes in with a little resistance. 4:45
5. Let it cool a couple of minutes, then drain the vegetables, keeping the cooking liquid. 5:46
6. Purée the vegetables in a food processor, adding the reserved liquid 120 ml at a time until creamy (about 350 ml). Taste, season and serve with a drizzle of olive oil and parsley. 6:06

> **Tip** Blend in the cooking liquid a little at a time; it's the liquid, not cream, that makes it silky.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
186 kcal	**4.2** g	**16** g	**4.5** g	**13** g	**440** mg
780 kJ	8% of a day	12 g net · 6.3 g sugars	16% of a day	1.9 g saturated	19% of a day
		6% of a day		17% of a day	

Energy from net carbs 26% · protein 9% · fat 65%

High in (20%+ of a day) Vitamin C 93% · Vitamin K 56% · Folate 29% · Vitamin B6 27%

Source of (10–19%) Vitamin E 15% · Potassium 14% · Omega-3 13% · Magnesium 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=uUo4-kdFcyU. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/crema-de-coliflor-sin-nata