

# ROASTED CAULIFLOWER SOUP

HIGH IN PROTEIN, VITAMINS & MINERALS

## INGREDIENTS

- 3 tablespoons olive oil, divided
- 1 large head cauliflower, cut into bite-size pieces
- 1 teaspoon paprika
- 1 medium sweet onion, diced
- 3-4 cloves of garlic, minced
- 1 box (32 ounces) low-sodium vegetable broth
- 1 can (15 oz.) cannellini beans, drained and rinsed
- ¼ cup milk
- 1 tablespoon fresh lemon juice
- Salt and pepper, to taste
- 1 bunch green onions, thinly sliced for garnish (optional)

## INSTRUCTIONS

1. Preheat oven to 425 degrees F.
2. In a large bowl, combine 2 tablespoons olive oil, cauliflower, and paprika.
3. Spread evenly across a large baking sheet and roast for 30-35 minutes, or until cauliflower is tender and slightly caramelized.
4. While cauliflower roasts, heat remaining tablespoon olive oil in a large pot over medium heat.
5. Gently sauté the onion for 10-12 minutes.
6. Add garlic and cook until fragrant, about 30 seconds.
7. Add vegetable broth and cannellini beans then cover and simmer until the cauliflower is tender.
8. Add roasted cauliflower to the soup mixture and simmer for 5-10 minutes to allow flavors to combine.
9. Remove from heat and cool for 5-10 minutes.
10. Transfer to a blender, working in batches if necessary and taking caution not to overfill.
11. While you blend, add the salt and pepper, lemon juice, and milk, adding the milk one tablespoon at a time until desired consistency is reached.
12. Top soup with a pinch of paprika and sliced green onions.



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Roasted Cauliflower  
Soup



POST BARIATRIC APPROVED



4 SERVINGS



30 MIN



# ROASTED CAULIFLOWER SOUP NUTRITION FACTS

## CHECK THE LABEL

### How can this meal be helpful after bariatric surgery?

Nutritional deficiencies are common following bariatric surgery. Patients will have impaired digestion and absorption as well as complications such as vomiting. Early in recovery, their diet will be severely restricted, so it's important to recommend nutrient dense foods. Beginning 2 weeks after the surgery, patients will slowly incorporate puréed and blended foods into their diet. This soup could be incorporated at that time and would be eaten in small amounts spread throughout the day.

During the purée period, protein will be especially important in preventing the loss of lean body mass. Beans are a great option since they blend easily. Calorie restriction is also recommended for several months after surgery. One serving of this recipe provides 10g of protein with only 270g protein.

### Essential Nutrients

While thiamin (B1) deficiency is uncommon in the general population, the restricted diet and frequent vomiting that may occur after bariatric surgery can lead to B1 deficiency. The greatest risk occurs during the first few weeks of recovery. White beans are an excellent source of thiamin. One serving of this soup contains about 50% of the recommended daily value (DV). Deficiencies in folate and iron may also occur. This recipe contains a good amount (40% DV) of folate and a moderate amount (15% DV) of iron. Cauliflower is also a great source of Vitamin C. One serving has more than 100% DV.

## Nutrition Facts

servings per container	
<b>Serving size</b>	(665g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 12g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 10g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 121mg	<b>10%</b>
<b>Iron</b> 3mg	<b>15%</b>
<b>Potassium</b> 983mg	<b>20%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.