



15-minute summer soup



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



106 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 knob olive oil
- ☐ 1 bunch spring onion chopped
- ☐ 3 zucchini chopped
- ☐ 200 g pea-mond dressing fresh podded
- ☐ 900 ml vegetable stock hot
- ☐ 85 g watercress trimmed
- ☐ 1 large handful mint leaves
- ☐ 2 tbsp greek yogurt for serving

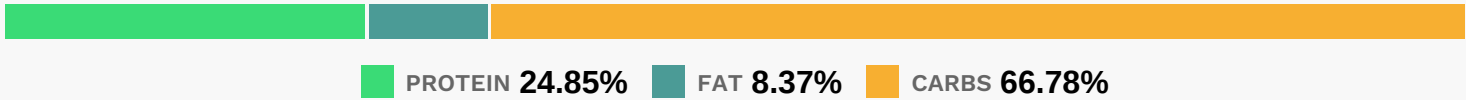
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat the butter or oil in a pan, add the spring onions and courgettes and stir well. Cover and cook for 3 mins, add the peas and stock and return to the boil. Cover and simmer for a further 4 mins, then remove from the heat and stir in the watercress and mint until they are wilted.
- ☐ Pure in a food processor, adding yogurt with the second batch. Return to the pan, then add seasoning to taste.
- ☐ Serve hot or cold, drizzled with extra yogurt.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:4.82, Inflammation Score:-9, Nutrition Score:16.531304457913%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 4.98mg, Kaempferol: 4.98mg, Kaempferol: 4.98mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 105.91kcal (5.3%), Fat: 1.06g (1.62%), Saturated Fat: 0.25g (1.53%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 13.89g (5.05%), Sugar: 7.65g (8.5%), Cholesterol: 0.38mg (0.13%), Sodium: 920.41mg (40.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Vitamin K: 72.87µg (69.4%), Vitamin C: 37.1mg (44.97%), Folate: 146.7µg (36.67%), Vitamin A: 1558.22IU (31.16%), Manganese: 0.57mg (28.58%), Fiber: 5.06g (20.25%), Potassium: 625.62mg (17.87%), Vitamin B6: 0.33mg (16.34%), Phosphorus: 159.76mg (15.98%), Magnesium: 60.25mg (15.06%), Vitamin B2: 0.22mg (12.92%), Vitamin B1: 0.19mg (12.8%), Copper: 0.24mg (11.89%), Iron: 1.99mg (11.04%), Zinc: 1.21mg (8.09%), Calcium: 76.1mg (7.61%), Vitamin B5: 0.6mg (6.04%), Vitamin B3: 1.02mg (5.09%), Vitamin E: 0.6mg (3.99%), Selenium: 2.51µg (3.59%)