



Asian Cucumber Soup

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



91 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 ounce day-old bread white firm
- 2 pounds cucumber peeled halved lengthwise seeded chopped
- 3 tablespoons cilantro leaves fresh chopped
- 1.5 teaspoons ginger fresh minced peeled
- 1 small garlic clove minced
- 0.5 cup green onions chopped
- 2 teaspoons roasted peanut oil
- 3 tablespoons rice vinegar

- 0.3 teaspoon salt
- 0.5 teaspoon sriracha (such as huy fong) hot
- 1 teaspoon sugar
- 1.7 cups vegetable broth (organic divided (such as Swanson Certified)
- 1 cup bell pepper (yellow chopped)

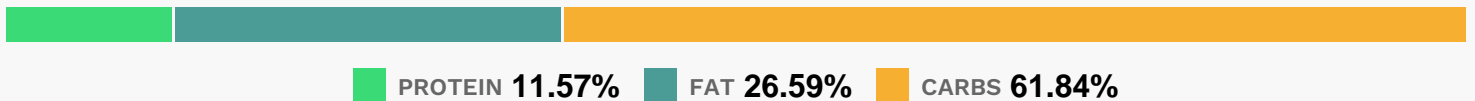
Equipment

- bowl
- blender

Directions

- Place bread in a blender. Pulse 10 times or until coarse crumbs form.
- Place breadcrumbs in a large bowl.
- Combine bell pepper and next 5 ingredients (through garlic).
- Place half of bell pepper mixture and 1 cup broth in blender, and process until smooth.
- Add pureed bell pepper mixture to breadcrumbs; stir well. Repeat procedure with remaining bell pepper mixture and remaining 2/3 cup broth. Stir in vinegar, sugar, Sriracha, and salt. Spoon 1 1/4 cups soup into each of 4 bowls, and drizzle each serving with 1/2 teaspoon oil.

Nutrition Facts



Properties

Glycemic Index:90.97, Glycemic Load:4.52, Inflammation Score:-7, Nutrition Score:12.39565210757%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 90.84kcal (4.54%), Fat: 2.74g (4.21%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 14.31g (4.77%), Net Carbohydrates: 11.86g (4.31%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 591.92mg (25.74%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin C: 78.69mg (95.38%), Vitamin K: 43.19µg (41.13%), Manganese: 0.29mg (14.69%), Folate: 57.62µg (14.41%), Potassium: 438.9mg (12.54%), Vitamin A: 592.17IU (11.84%), Copper: 0.23mg (11.29%), Vitamin B6: 0.2mg (10.21%), Fiber: 2.45g (9.81%), Magnesium: 36.84mg (9.21%), Vitamin B1: 0.13mg (8.37%), Phosphorus: 71.28mg (7.13%), Vitamin B5: 0.66mg (6.63%), Iron: 1.12mg (6.25%), Calcium: 62.34mg (6.23%), Vitamin B2: 0.1mg (5.6%), Vitamin B3: 0.83mg (4.17%), Zinc: 0.58mg (3.83%), Selenium: 2.24µg (3.2%), Vitamin E: 0.48mg (3.18%)