



Buttermilk Soup with Cucumber and Crab

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



78 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces crab meat drained
- 2.5 pounds cucumber peeled seeded
- 3 spring onion thinly sliced
- 1.3 teaspoons ground cumin
- 1 cup buttermilk 1% low-fat ()
- 0.3 cup onion chopped
- 0.5 cup yogurt plain
- 0.5 cup yogurt plain

1 tomatoes ripe seeded chopped

Equipment

bowl

ladle

blender

Directions

Chop 2 1/4 cucumbers. Purée chopped cucumbers, buttermilk, yogurt, onion and cumin in blender until smooth. Season with salt and pepper. Cover; chill until very cold, at least 4 hours. (Can be made 1 day ahead. Keep refrigerated.)

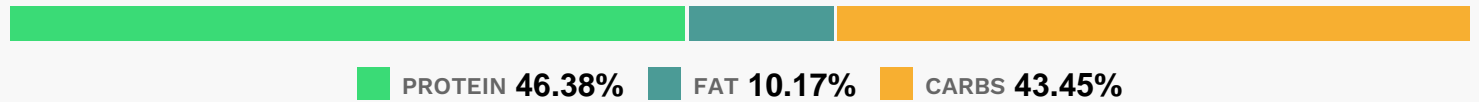
Finely chop remaining 3/4 cucumber. Mound crabmeat in center of 8 bowls, dividing equally. Ladle cold soup around crabmeat.

Sprinkle with tomato, green onions and finely chopped cucumber.

Per serving: calories, 67; total fat, 0.5 g; saturated fat, 0.5 g; cholesterol, 13 mg.

Bon Appétit

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:11.266521676727%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 78.02kcal (3.9%), Fat: 0.89g (1.37%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 7.1g (2.58%), Sugar: 6.54g (7.27%), Cholesterol: 13.72mg (4.57%), Sodium: 310.1mg (13.48%), Alcohol: 0g (100%), Protein: 9.12g (18.23%), Vitamin B12: 2.8µg (46.74%), Vitamin K: 20.87µg (19.88%), Copper: 0.39mg (19.4%), Phosphorus: 175.48mg (17.55%), Selenium: 12.24µg (17.49%), Zinc: 2.42mg (16.14%), Calcium:

137.85mg (13.78%), Vitamin C: 10.57mg (12.81%), Potassium: 438.18mg (12.52%), Magnesium: 44.42mg (11.11%), Folate: 43.98µg (10.99%), Vitamin B2: 0.17mg (10.28%), Vitamin B6: 0.17mg (8.28%), Manganese: 0.16mg (7.96%), Vitamin B5: 0.74mg (7.43%), Vitamin B1: 0.09mg (6.28%), Vitamin A: 302.15IU (6.04%), Fiber: 1.44g (5.76%), Iron: 0.85mg (4.73%), Vitamin B3: 0.56mg (2.78%), Vitamin E: 0.18mg (1.18%)