



Chilled Cream of Zucchini Soup with Mussels and Fresh Mint

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large carrots chopped
- ☐ 2 cups cooking wine dry white
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 4 cups low-salt chicken broth canned
- ☐ 2.3 pounds mussels fresh scrubbed
- ☐ 5 tablespoons olive oil

- ☐ 1 large onion chopped
- ☐ 3 thyme sprigs fresh
- ☐ 0.5 cup whipping cream
- ☐ 2.3 pounds zucchini trimmed cut into 1/2-inch pieces (7 cups)

Equipment

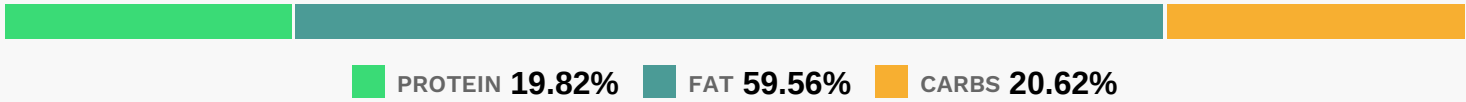
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Heat 2 tablespoons oil in heavy large pot over medium heat.
- ☐ Add onion, carrot, garlic, and thyme; sauté until vegetables are tender, stirring occasionally, about 10 minutes.
- ☐ Add 4 cups stock and wine; bring to boil.
- ☐ Add mussels; cover and cook until mussels open, about 5 minutes (discard any mussels that do not open). Using slotted spoon, transfer mussels to large bowl; cool slightly.
- ☐ Remove mussels from shells; cover and refrigerate until ready to use. Strain stock mixture and any accumulated mussel liquid into medium bowl; discard vegetables.
- ☐ Heat remaining 3 tablespoons oil in heavy large skillet over medium heat.
- ☐ Add zucchini; sauté until tender but not brown, about 20 minutes.
- ☐ Add 2 1/2 cups strained stock. Bring to boil. Cool slightly. Puree zucchini soup in batches in blender until smooth.
- ☐ Transfer to large saucepan; mix in cream. Thin with more strained stock, if desired. Reserve any remaining stock for another use. Season with salt and pepper. Refrigerate until cold, about 4 hours. (Soup and mussels can be made 6 hours ahead. Cover separately; keep chilled.)

- ☐ Divide zucchini soup among 6 bowls. Top each with mussels, dividing equally.
- ☐ Sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:38.14, Glycemic Load:3.51, Inflammation Score:-10, Nutrition Score:29.648260987323%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 383.83kcal (19.19%), Fat: 22.35g (34.38%), Saturated Fat: 6.99g (43.67%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 14.69g (5.34%), Sugar: 7.45g (8.28%), Cholesterol: 46.7mg (15.57%), Sodium: 328.66mg (14.29%), Alcohol: 8.24g (100%), Alcohol %: 1.84% (100%), Protein: 16.73g (33.45%), Vitamin B12: 10.6µg (176.65%), Manganese: 3.45mg (172.47%), Vitamin A: 2879.3IU (57.59%), Selenium: 40.23µg (57.47%), Vitamin C: 41.93mg (50.82%), Phosphorus: 324.28mg (32.43%), Potassium: 1027.25mg (29.35%), Iron: 4.98mg (27.69%), Vitamin B2: 0.46mg (27.13%), Vitamin B3: 4.61mg (23.04%), Vitamin B6: 0.45mg (22.63%), Folate: 88.29µg (22.07%), Magnesium: 77.69mg (19.42%), Vitamin E: 2.63mg (17.53%), Vitamin B1: 0.25mg (16.5%), Vitamin K: 17.09µg (16.27%), Zinc: 2.35mg (15.68%), Copper: 0.29mg (14.29%), Fiber: 2.71g (10.85%), Calcium: 95.48mg (9.55%), Vitamin B5: 0.95mg (9.48%), Vitamin D: 0.32µg (2.12%)