



Chilled Cucumber Soup



Vegetarian



Vegan



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



104 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds cucumber peeled cut into chunks
- ☐ 4 teaspoons optional: dill fresh minced
- ☐ 4 teaspoons parsley fresh minced
- ☐ 2 cloves garlic smashed
- ☐ 6 servings kosher salt
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons sherry vinegar
- ☐ 1 teaspoon sugar

- ☐ 0.3 cup onion white chopped
- ☐ 4 slices sandwich bread white cut into 1/4-inch cubes
- ☐ 1 bell pepper yellow cut into chunks
- ☐ 4 tomatoes yellow cut into chunks

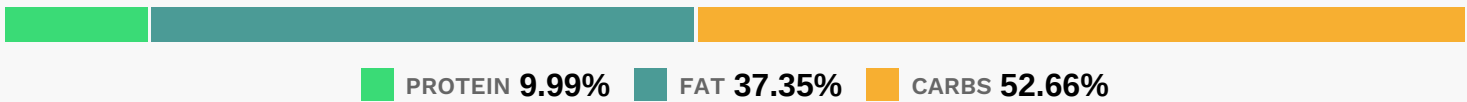
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine the cucumber and tomatoes in a blender, reserving 1/4 cup of each for garnish.
- ☐ Add the bell pepper, onion, vinegar, 1 teaspoon each dill and parsley, 1 clove garlic and the sugar; puree until smooth. Pass through a fine mesh strainer into a bowl, pressing with the back of a spoon to extract as much liquid as possible. Season with 1 teaspoon salt. Refrigerate until chilled, about 1 hour.
- ☐ Heat the remaining clove garlic with the olive oil in a skillet over low heat.
- ☐ Add the bread cubes and the remaining 3 teaspoons each dill and parsley. Cook, stirring, until golden and crunchy, 10 to 15 minutes. Discard the garlic.
- ☐ Pour the soup into chilled bowls. Dice the reserved cucumber and tomatoes; sprinkle into the soup.
- ☐ Garnish with the croutons.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:43.98, Glycemic Load:6.84, Inflammation Score:-4, Nutrition Score:7.3491304957348%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 103.62kcal (5.18%), Fat: 4.34g (6.68%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 12.23g (4.45%), Sugar: 3.51g (3.9%), Cholesterol: 0mg (0%), Sodium: 277.19mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.23%), Vitamin C: 41.22mg (49.97%), Manganese: 0.24mg (11.87%), Vitamin K: 11.45µg (10.91%), Folate: 41.65µg (10.41%), Vitamin B1: 0.13mg (8.78%), Potassium: 237.38mg (6.78%), Copper: 0.13mg (6.52%), Vitamin B6: 0.13mg (6.51%), Fiber: 1.54g (6.14%), Selenium: 4.23µg (6.05%), Calcium: 57.84mg (5.78%), Iron: 0.99mg (5.51%), Magnesium: 21.98mg (5.5%), Phosphorus: 52.24mg (5.22%), Vitamin B3: 1.04mg (5.19%), Vitamin B2: 0.08mg (4.56%), Vitamin B5: 0.41mg (4.13%), Vitamin E: 0.58mg (3.85%), Zinc: 0.41mg (2.7%), Vitamin A: 132.51IU (2.65%)