



Chilled Cucumber Soup

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



166 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 large cucumber peeled halved seeded cut into 1-inch chunks (2 lb. total)
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 6 cups chicken broth low-sodium
- ☐ 1 small onion chopped
- ☐ 8 servings salt and pepper
- ☐ 1 cup cream sour
- ☐ 4 tablespoons butter unsalted

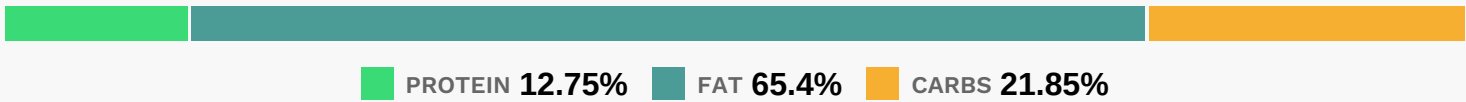
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ colander

Directions

- ☐ Toss cucumbers with 1 tsp. salt in a colander over a bowl.
- ☐ Let stand, tossing or stirring a few times, for 30 minutes. Rinse cucumbers with cold water and drain well.
- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add onion and cook, stirring often, until softened, 3 to 5 minutes.
- ☐ Add flour and cook, stirring constantly, until blended, about 2 minutes. Stir in cucumbers and slowly pour in broth. Bring to a boil over high heat, stirring often and scraping bottom of pan. Reduce heat to medium-low, season with salt and pepper, partially cover and simmer until cucumbers are very soft, 15 to 20 minutes.
- ☐ Remove from heat and let cool slightly.
- ☐ Working in batches, carefully puree soup in a blender. Cover and refrigerate until well chilled, at least 2 hours. (Can be made up to this point up to 2 days in advance.)
- ☐ Just before serving, whisk in sour cream until smooth. Stir dill into soup. Season well with salt and pepper. Divide among 8 bowls and garnish with additional dill, if desired.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:2.04, Inflammation Score:-4, Nutrition Score:6.3600000272626%

Flavonoids

Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 166.02kcal (8.3%), Fat: 12.58g (19.35%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.25g (3%), Sugar: 3.53g (3.92%), Cholesterol: 32.01mg (10.67%), Sodium: 259.84mg (11.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.03%), Vitamin B3: 2.68mg (13.42%), Potassium: 396.8mg (11.34%), Phosphorus: 111.67mg (11.17%), Vitamin K: 11.04µg (10.52%), Copper: 0.2mg (10.19%), Vitamin A: 462.74IU (9.25%), Vitamin B2: 0.16mg (9.14%), Folate: 28.49µg (7.12%), Manganese: 0.14mg (6.89%), Vitamin C: 5.47mg (6.63%), Calcium: 60.16mg (6.02%), Magnesium: 23.14mg (5.78%), Vitamin B6: 0.11mg (5.65%), Vitamin B1: 0.08mg (5.04%), Fiber: 1.21g (4.83%), Iron: 0.86mg (4.77%), Vitamin B5: 0.46mg (4.64%), Vitamin B12: 0.25µg (4.15%), Zinc: 0.55mg (3.68%), Selenium: 2.27µg (3.24%), Vitamin E: 0.32mg (2.11%)