



Chilled Cucumber Soup with Smoked Salmon and Dill

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 1 cup crème fraîche sour
- ☐ 5 cups cucumbers peeled halved seeded
- ☐ 3 large dill sprigs plus 6 tablespoons dill fresh minced
- ☐ 3.5 cups low-salt chicken broth
- ☐ 1 cup onions chopped
- ☐ 8 ounce baking potatoes peeled cut into 1/2-inch dice

- ☐ 1 teaspoon salt ()
- ☐ 3 ounces salmon smoked cut into 1/2-inch pieces

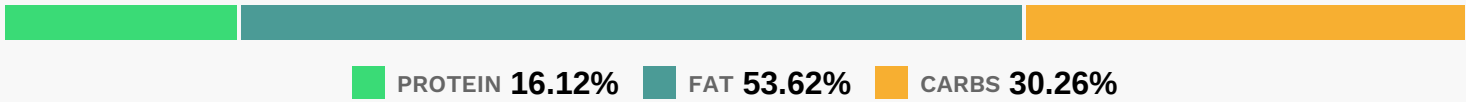
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot

Directions

- ☐ Melt butter in heavy large pot over medium heat.
- ☐ Add onions and sauté until slightly softened, about 3 minutes.
- ☐ Add cucumbers and potato; stir 1 minute.
- ☐ Add broth, dill sprigs, and 1 teaspoon salt. Increase heat and bring to simmer. Reduce heat to low; cover and simmer until cucumbers and potato are tender, stirring occasionally, about 25 minutes. Working in batches, puree soup in processor until smooth. Return to pot. Cool 15 minutes.
- ☐ Whisk in 1/2 cup crème fraîche and 4 tablespoons minced dill. Cover and chill until cold, about 4 hours. (Can be made 1 day ahead. Keep chilled.) Taste soup, adding more salt if desired. Ladle soup into 6 bowls.
- ☐ Place dollop of crème fraîche in center of each bowl; sprinkle with smoked salmon and remaining 2 tablespoons minced dill.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:6.17, Inflammation Score:-5, Nutrition Score:9.2495651141457%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg, Isorhamnetin: 1.55mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg,

Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 193.65kcal (9.68%), Fat: 11.95g (18.39%), Saturated Fat: 6.08g (38.03%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 13.45g (4.89%), Sugar: 4.38g (4.87%), Cholesterol: 33.4mg (11.13%), Sodium: 579.88mg (25.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.17%), Vitamin D: 2.42µg (16.16%), Potassium: 543.02mg (15.51%), Vitamin B3: 3.06mg (15.32%), Phosphorus: 146.65mg (14.66%), Vitamin B6: 0.29mg (14.44%), Copper: 0.24mg (11.94%), Vitamin B12: 0.69µg (11.44%), Vitamin C: 8.44mg (10.24%), Vitamin B2: 0.17mg (10%), Manganese: 0.19mg (9.43%), Selenium: 6.44µg (9.2%), Vitamin A: 457.92IU (9.16%), Vitamin K: 9.6µg (9.14%), Magnesium: 32.78mg (8.19%), Calcium: 74.47mg (7.45%), Folate: 29.31µg (7.33%), Fiber: 1.73g (6.92%), Vitamin B5: 0.67mg (6.71%), Iron: 1.1mg (6.1%), Vitamin B1: 0.09mg (5.93%), Zinc: 0.66mg (4.4%), Vitamin E: 0.46mg (3.07%)