



Chilled Cucumber Yogurt Soup



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



128 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 small cucumbers seedless grated peeled
- ☐ 1 bunch optional: dill fresh chopped
- ☐ 1 bunch mint leaves fresh chopped
- ☐ 2 cloves garlic crushed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 cups yogurt plain

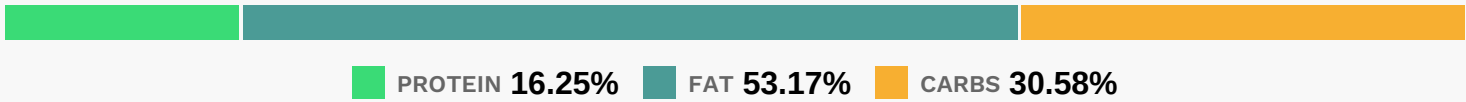
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ Combine the grated cucumber, lemon juice, mint, dill, garlic, yogurt, olive oil, and salt in a large mixing bowl; stir with a large spoon.
- ☐ Pour the mixture into a blender; blend on high speed until smooth.
- ☐ Serve immediately or chill in refrigerator until ready to serve. Divide the soup between four bowls; top each serving with about 1 tablespoon raisins.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.57, Inflammation Score:-4, Nutrition Score:7.5134782894798%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 128.49kcal (6.42%), Fat: 7.76g (11.94%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 8.81g (3.2%), Sugar: 8g (8.89%), Cholesterol: 15.93mg (5.31%), Sodium: 60.33mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Calcium: 176.27mg (17.63%), Phosphorus: 153.04mg (15.3%), Vitamin K: 13.75µg (13.1%), Vitamin B2: 0.22mg (12.89%), Potassium: 422.2mg (12.06%), Vitamin C: 8.12mg (9.84%), Magnesium: 35.2mg (8.8%), Vitamin B5: 0.87mg (8.74%), Folate: 33.01µg (8.25%), Manganese: 0.16mg (8.03%), Vitamin B12: 0.45µg (7.55%), Vitamin B6: 0.14mg (7.09%), Zinc: 1.02mg (6.83%), Copper: 0.13mg (6.6%), Vitamin B1: 0.09mg (5.96%), Vitamin A: 297.17IU (5.94%), Fiber: 1.23g (4.94%), Selenium: 3.07µg (4.39%), Vitamin E: 0.63mg (4.21%), Iron: 0.52mg (2.91%)