



Chilled Greek Yogurt Soup



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb cucumber
- ☐ 2 tbsp olive oil extra virgin
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 1 tsp garlic crushed to taste ()
- ☐ 6 servings juice of lemon freshly squeezed
- ☐ 3 cups greek yogurt whole 2%
- ☐ 1 cups milk
- ☐ 1 sprigs mint leaves fresh roughly chopped for garnish

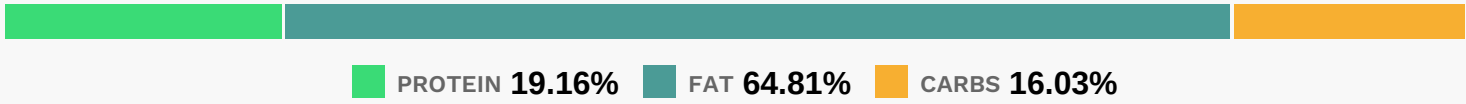
- ☐ 0.5 tsp salt to taste ()
- ☐ 6 servings walnut pieces chopped
- ☐ 6 servings pepper white to taste

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Chilled Greek Yogurt Soup
- ☐ Adapted from: "Olive Trees and Honey" by Gil Marks
- ☐ Ingredients3 cups whole or lowfat 2% Greek yogurt2 tbsp extra virgin olive oil1–2 cups lowfat milk1 lb Persian cucumbers1/3 cup fresh chopped dill1 tsp crushed garlic (or more to taste)1/2 tsp salt (or more to taste)White pepper to taste
- ☐ Fresh mint sprigs or roughly chopped mint for garnish
- ☐ Optional Ingredients
- ☐ Freshly squeezed lemon juice
- ☐ Chopped walnuts
- ☐ Prep Time: 10 Minutes
- ☐ Servings: 6
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:12.265652169352%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin:

2.19mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 360.47kcal (18.02%), Fat: 27.09g (41.68%), Saturated Fat: 4.09g (25.58%), Carbohydrates: 15.07g (5.02%), Net Carbohydrates: 11.89g (4.32%), Sugar: 8.68g (9.64%), Cholesterol: 8.52mg (2.84%), Sodium: 259.64mg (11.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.04%), Manganese: 1.21mg (60.58%), Copper: 0.56mg (27.88%), Calcium: 234.8mg (23.48%), Phosphorus: 167.47mg (16.75%), Magnesium: 65.58mg (16.4%), Vitamin C: 11.45mg (13.88%), Fiber: 3.19g (12.74%), Vitamin B6: 0.24mg (12.15%), Folate: 48.09µg (12.02%), Vitamin B1: 0.15mg (10.32%), Potassium: 336.74mg (9.62%), Vitamin K: 9.11µg (8.68%), Iron: 1.55mg (8.63%), Zinc: 1.29mg (8.58%), Vitamin A: 412.61IU (8.25%), Vitamin B2: 0.13mg (7.79%), Vitamin E: 0.94mg (6.24%), Vitamin B5: 0.53mg (5.28%), Vitamin B12: 0.24µg (4%), Selenium: 2.52µg (3.59%), Vitamin D: 0.43µg (2.88%), Vitamin B3: 0.47mg (2.37%)