



Chilled Vegetable Basil Soup with Vegetable Confetti

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup basil leaves
- 1 cup cherry tomatoes halved
- 1 cup cucumber finely chopped
- 0.5 teaspoon fennel seeds
- 0.3 cup basil fresh chopped
- 2 garlic cloves minced
- 0.5 cup green onions chopped

- 2 teaspoons olive oil
- 1 teaspoon pepper sauce hot (such as Tabasco)
- 0.3 teaspoon salt
- 46 ounce no salt-added tomato juice canned
- 1 cup zucchini finely chopped

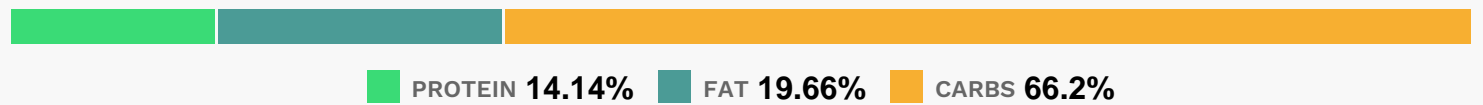
Equipment

- bowl
- sauce pan
- sieve

Directions

- Heat oil in a large saucepan over medium heat.
- Add fennel and garlic; cook 1 minute, stirring frequently.
- Add juice; bring to a boil. Reduce heat; simmer 2 minutes.
- Remove from heat; stir in basil, hot pepper sauce, and salt. Cover and chill 6 hours. Strain mixture through a sieve over a bowl; discard solids. Stir in zucchini and remaining ingredients.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.89, Glycemic Load:2.99, Inflammation Score:-8, Nutrition Score:13.034347782964%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 65.33kcal (3.27%), Fat: 1.65g (2.54%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 10.72g (3.9%), Sugar: 9.41g (10.45%), Cholesterol: 0mg (0%), Sodium: 142.95mg (6.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin C: 53.16mg (64.43%), Vitamin K: 47.01µg (44.78%), Vitamin A: 1505.02IU (30.1%), Potassium: 681.52mg (19.47%), Vitamin B6: 0.33mg (16.65%), Manganese: 0.33mg (16.49%), Folate: 63.56µg (15.89%), Copper: 0.21mg (10.45%), Magnesium: 38.32mg (9.58%), Vitamin B1: 0.14mg (9.1%), Vitamin B3: 1.8mg (9.02%), Iron: 1.57mg (8.72%), Vitamin E: 1.15mg (7.64%), Fiber: 1.79g (7.16%), Vitamin B5: 0.69mg (6.94%), Phosphorus: 66.88mg (6.69%), Vitamin B2: 0.11mg (6.5%), Calcium: 49.66mg (4.97%), Zinc: 0.56mg (3.71%), Selenium: 1.05µg (1.5%)