



Chilled Yellow Squash and Leek Soup with Coriander and Lemon Crème Fraîche



Vegetarian



Gluten Free

READY IN



215 min.

SERVINGS



4

CALORIES



140 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon coriander seeds (scant)
- ☐ 0.3 cup crème fraîche sour
- ☐ 0.8 cup leek white green chopped (and pale parts only; 1 medium)
- ☐ 1 tablespoon olive oil
- ☐ 1.3 pounds baby squash yellow coarsely chopped
- ☐ 14 ounce vegetable stock canned

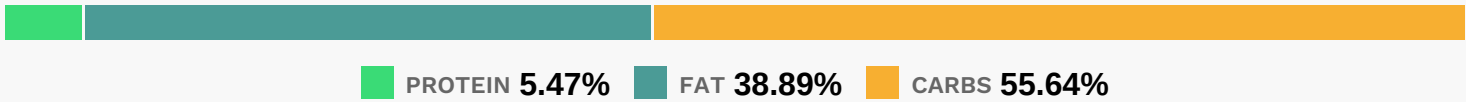
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat oil in heavy large saucepan over medium heat.
- ☐ Add leek and coriander and cook until almost tender, stirring often, about 6 minutes.
- ☐ Add squash; sprinkle with salt and pepper and sauté until squash begins to soften, about 3 minutes.
- ☐ Add broth. Bring to boil, reduce heat to medium, and simmer uncovered until vegetables are soft, about 10 minutes. Working in batches, puree soup in blender until smooth.
- ☐ Transfer to bowl and chill uncovered until cold, about 3 hours. Season with salt.
- ☐ Whisk crème fraîche and grated lemon peel in small bowl. Divide soup among bowls, drizzle with lemon crème fraîche, and serve.
- ☐ One serving contains the following: 118.97 Calories (kcal), 62.1% Calories from Fat,
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:13.940434829048%

Flavonoids

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 139.82kcal (6.99%), Fat: 6.57g (10.11%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 17.81g (6.47%), Sugar: 5.1g (5.67%), Cholesterol: 8.48mg (2.83%), Sodium: 410.6mg (17.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin A: 15646.85IU (312.94%), Vitamin C:

32mg (38.79%), Manganese: 0.38mg (18.88%), Vitamin E: 2.75mg (18.36%), Potassium: 553.33mg (15.81%), Magnesium: 55.95mg (13.99%), Fiber: 3.34g (13.38%), Vitamin B6: 0.26mg (13.15%), Folate: 49.81µg (12.45%), Vitamin K: 11.73µg (11.17%), Vitamin B1: 0.16mg (10.39%), Calcium: 95.98mg (9.6%), Vitamin B3: 1.79mg (8.96%), Iron: 1.45mg (8.08%), Phosphorus: 65.59mg (6.56%), Copper: 0.13mg (6.48%), Vitamin B5: 0.64mg (6.39%), Vitamin B2: 0.06mg (3.47%), Selenium: 1.54µg (2.2%), Zinc: 0.3mg (2.02%)