

 38%
HEALTH SCORE

Chilled Zucchini Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



117 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 0.5 cup yogurt plain well-shaken
- 1 cup parsley fresh loosely packed
- 1 tablespoon optional: dill fresh finely chopped
- 3 inch lemon zest fresh
- 14 fl. oz. chicken broth reduced-sodium
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 teaspoon salt

- 1 cup shallots thinly sliced
- 1.8 cups water
- 1.5 lb zucchini peeled halved lengthwise (3 to 4 medium)
- 6 servings zucchini thinly sliced

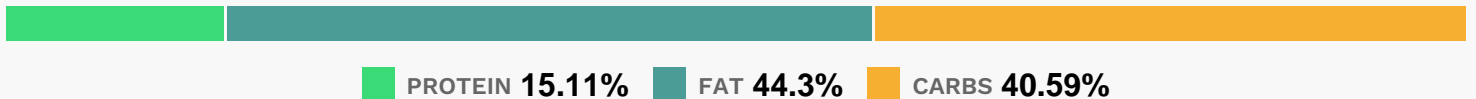
Equipment

- bowl
- sauce pan
- blender

Directions

- Cook shallots in oil in a 4-quart heavy saucepan over moderate heat, stirring occasionally, until softened, about 5 minutes.
- Add zucchini, zest, salt, and pepper and cook, stirring occasionally, until zucchini is softened, about 5 minutes.
- Add broth and water and simmer until zucchini is tender, about 3 minutes.
- Purée zucchini mixture, including zest, along with parsley and dill in a blender (in 2 batches if necessary) until smooth (use caution when blending hot liquids).
- Transfer to a metal bowl, then set bowl into a larger bowl of ice and cold water (to quick-chill). Cool, stirring occasionally, about 20 minutes.
- Stir in buttermilk and season with salt.
- Soup (with buttermilk or yogurt) can be made 1 day ahead and chilled, covered. (If making soup ahead, cooling in ice bath is not necessary.) Stir well before serving.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:2.26, Inflammation Score:-8, Nutrition Score:14.699565203941%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 117.02kcal (5.85%), Fat: 6.24g (9.59%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 12.86g (4.29%), Net Carbohydrates: 9.96g (3.62%), Sugar: 7.14g (7.94%), Cholesterol: 2.65mg (0.88%), Sodium: 440.83mg (19.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.57%), Vitamin K: 172.22µg (164.02%), Vitamin C: 38.73mg (46.94%), Vitamin A: 1099.22IU (21.98%), Vitamin B6: 0.35mg (17.37%), Manganese: 0.35mg (17.35%), Potassium: 580.42mg (16.58%), Folate: 57.77µg (14.44%), Fiber: 2.89g (11.57%), Phosphorus: 113.35mg (11.34%), Vitamin B2: 0.18mg (10.37%), Iron: 1.72mg (9.58%), Magnesium: 38.08mg (9.52%), Vitamin B3: 1.69mg (8.47%), Copper: 0.16mg (8.05%), Calcium: 78.72mg (7.87%), Vitamin E: 0.92mg (6.11%), Vitamin B1: 0.09mg (6.04%), Zinc: 0.83mg (5.55%), Vitamin B5: 0.47mg (4.73%), Vitamin B12: 0.14µg (2.41%), Selenium: 1.18µg (1.68%)