



Chilled Zucchini Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



78 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup buttermilk whole
- ☐ 2 teaspoons champagne vinegar
- ☐ 0.5 cup fennel bulb diced
- ☐ 3 garlic clove sliced
- ☐ 2 teaspoons kosher salt
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion diced sweet
- ☐ 2 cups vegetable stock organic
- ☐ 1 cup water
- ☐ 2.5 lb zucchini diced

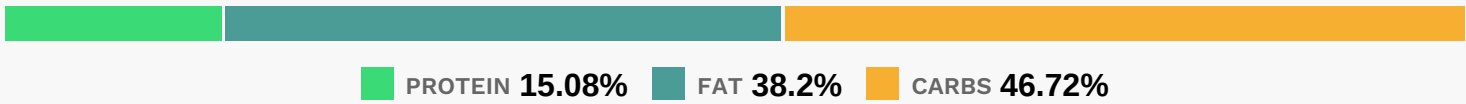
Equipment

- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Saut onion, fennel, and garlic in hot olive oil in a large Dutch oven over medium–high heat 5 minutes; add zucchini, and saut 3 minutes. Stir in vegetable broth and water; bring to a simmer. Cook 15 minutes or until vegetables are tender.
- ☐ Remove from heat. Process with a handheld blender 4 minutes or until smooth. Stir in buttermilk, salt, vinegar, lemon zest, and lemon juice.
- ☐ Let stand at room temperature 15 minutes. Cover and chill 2 hours or up to 2 days.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:1.63, Inflammation Score:-6, Nutrition Score:9.8556523012078%

Flavonoids

Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 78.48kcal (3.92%), Fat: 3.64g (5.59%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 7.7g (2.8%), Sugar: 7.37g (8.19%), Cholesterol: 2.2mg (0.73%), Sodium: 1131.88mg (49.21%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin C: 36.57mg (44.33%), Manganese: 0.39mg (19.36%), Vitamin B6: 0.36mg (17.78%), Potassium: 574.4mg (16.41%), Vitamin K: 14.21µg (13.53%), Folate: 51.64µg (12.91%), Vitamin B2: 0.22mg (12.89%), Vitamin A: 588.04IU (11.76%), Phosphorus: 98.58mg (9.86%), Magnesium: 39.41mg (9.85%), Fiber: 2.3g (9.22%), Vitamin B1: 0.1mg (6.94%), Copper: 0.13mg (6.47%), Calcium: 64.46mg (6.45%), Vitamin B5: 0.5mg (5.03%), Zinc: 0.74mg (4.92%), Vitamin B3: 0.95mg (4.74%), Iron: 0.85mg (4.72%), Vitamin E: 0.62mg (4.17%), Selenium: 1.45µg (2.08%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.09µg (1.53%)