



Chilled Zucchini Soup with Fresh Vegetable Salsa

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



94 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 2 cups chicken broth fat-free low-sodium
- 0.5 cup basil fresh chopped
- 1 cup green onions chopped
- 2 cups nonfat buttermilk
- 0.1 teaspoon pepper freshly ground
- 0.5 cup purple onion chopped

- 8 servings vegetable salsa fresh
- 1 teaspoon salt
- 0.5 cup cup heavy whipping cream light sour
- 2 pounds zucchini coarsely chopped

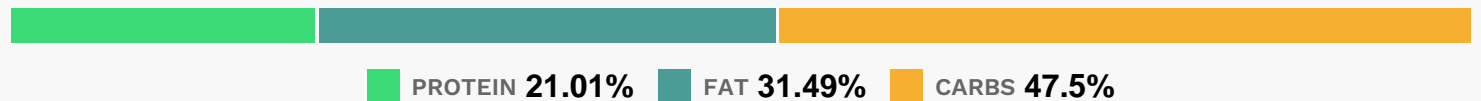
Equipment

- frying pan
- blender

Directions

- Melt butter in a large skillet over medium–high heat; add purple onion, and saut until tender.
- Add zucchini, and saut 10 minutes or until tender. Stir in chopped green onions.
- Process sauted vegetables, broth, and next 3 ingredients in batches in a blender until smooth, stopping to scrape down sides. Stir in salt and pepper. Cover and chill. Top each serving with 1/3 cup Fresh Vegetable Salsa.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:9.4178260487059%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 93.82kcal (4.69%), Fat: 3.51g (5.4%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 9.66g (3.51%), Sugar: 7.85g (8.72%), Cholesterol: 9.98mg (3.33%), Sodium: 821.85mg (35.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Vitamin K: 38.61µg (36.77%), Vitamin C: 25.11mg (30.43%), Manganese: 0.3mg (14.9%), Potassium: 480.45mg (13.73%), Vitamin B6: 0.27mg (13.7%), Vitamin A: 675.4IU (13.51%), Folate: 41.62µg (10.41%), Vitamin B2: 0.16mg (9.44%), Fiber: 2.24g (8.95%), Magnesium: 31.77mg (7.94%), Phosphorus: 78.61mg (7.86%), Calcium: 72.03mg (7.2%), Vitamin B3: 1.29mg (6.44%), Copper: 0.11mg

(5.73%), Vitamin B1: 0.08mg (5.6%), Iron: 0.9mg (5.02%), Vitamin E: 0.69mg (4.62%), Zinc: 0.59mg (3.94%),
Vitamin B5: 0.39mg (3.91%), Selenium: 2.36µg (3.37%), Vitamin B12: 0.18µg (2.95%)