



Cold Cucumber and Cubanelle Soup with Cashews and Chives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



190 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 large cucumber peeled seeded cut into chunks ()
- ☐ 1 large garlic clove chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 cubanelle pepper green italian halved lengthwise seeded (frying pepper)
- ☐ 2 tablespoon red-wine vinegar
- ☐ 0.5 cup roasted cashews unsalted
- ☐ 6 servings chives diced chopped

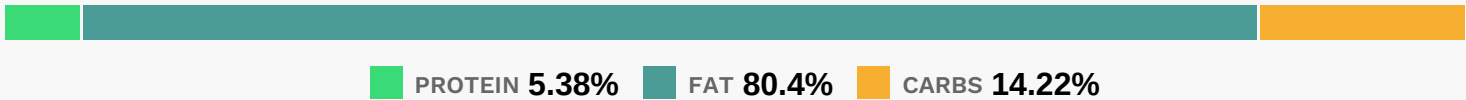
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ Purée cucumbers and half of Cubanelle (finely chop remaining half for garnish) with water, oil, cashews, vinegar, garlic, 1 1/2 teaspoons salt, and 1/2 teaspoon pepper in a blender (in batches if necessary) until smooth.
- ☐ Transfer to a bowl and chill until cold, about 2 hours.
- ☐ Whisk before serving and season with salt and pepper.
- ☐ Soup is best the day it is made.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:6.4930435315422%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 190.41kcal (9.52%), Fat: 17.53g (26.97%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 5.62g (2.04%), Sugar: 2.53g (2.81%), Cholesterol: 0mg (0%), Sodium: 5.38mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Vitamin K: 23.4µg (22.29%), Copper: 0.36mg (17.82%), Vitamin E: 1.88mg (12.52%), Magnesium: 47.23mg (11.81%), Manganese: 0.21mg (10.54%), Phosphorus: 87.09mg (8.71%), Potassium: 261.94mg (7.48%), Folate: 28.54µg (7.14%), Vitamin C: 5.24mg (6.35%), Iron: 1.11mg (6.15%), Zinc: 0.89mg (5.93%), Fiber: 1.36g (5.43%), Vitamin B6: 0.11mg (5.41%), Vitamin B5: 0.48mg (4.81%), Vitamin B1: 0.07mg (4.53%), Vitamin B2: 0.06mg (3.5%), Vitamin A: 144.38IU (2.89%), Calcium: 26.98mg (2.7%), Selenium: 1.56µg

(2.22%), Vitamin B3: 0.22mg (1.11%)