



Cold Cucumber Soup with Cherry Tomato Confetti



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



76 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup cherry tomatoes halved
- ☐ 2.5 pounds cucumbers peeled halved lengthwise seeded coarsely chopped
- ☐ 0.3 cup buttermilk fat-free
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 jalapeno halved seeded
- ☐ 0.3 cup juice of lime fresh

- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.3 cup onion chopped
- ☐ 1 teaspoon salt

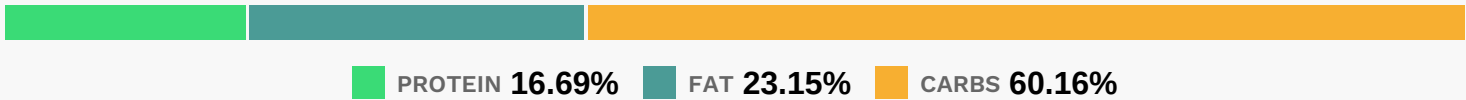
Equipment

- ☐ food processor

Directions

- ☐ Place first 9 ingredients in a food processor; process until smooth. Top with tomatoes.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:9.5069566369057%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 75.78kcal (3.79%), Fat: 2.07g (3.19%), Saturated Fat: 1g (6.27%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 9.41g (3.42%), Sugar: 6.45g (7.17%), Cholesterol: 5.33mg (1.78%), Sodium: 618.45mg (26.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin C: 27.84mg (33.75%), Vitamin K: 28.91µg (27.54%), Potassium: 552.07mg (15.77%), Manganese: 0.31mg (15.35%), Folate: 51.75µg (12.94%), Copper: 0.25mg (12.47%), Vitamin A: 615.24IU (12.3%), Fiber: 2.69g (10.77%), Vitamin B6: 0.21mg (10.65%), Magnesium: 42.51mg (10.63%), Phosphorus: 87.45mg (8.75%), Vitamin B1: 0.12mg (7.9%), Vitamin B5: 0.79mg (7.85%), Calcium: 73.62mg (7.36%), Vitamin B2: 0.11mg (6.32%), Iron: 1mg (5.53%), Zinc: 0.65mg (4.36%), Vitamin E: 0.55mg (3.67%), Vitamin B3: 0.42mg (2.08%), Selenium: 1.03µg (1.47%), Vitamin B12: 0.06µg (1.01%)