



Cold Summer Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



241 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 rib celery chopped fine
- 1 Leaves from 1/2 bunch cilantro leaves fresh chopped
- 4 hothouse cucumbers peeled cut in medium dice
- 1 tablespoon flat-leaf parsley fresh chopped
- 2 green onions chopped
- 0.5 wedges honeydew melon peeled cut into medium dice
- 1 optional: lemon
- 2 tablespoons yogurt low-fat

- 1 Leaves from 2 sprigs mint leaves fresh chopped
- 4 servings olive oil extra-virgin
- 0.5 cup rice wine vinegar
- 4 servings salt
- 1 serrano chile chopped fine

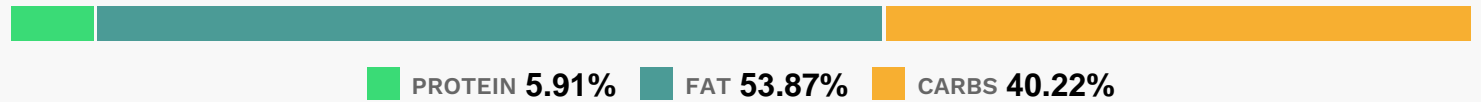
Equipment

- bowl
- pot

Directions

- Combine the cucumbers, green onions, melon, chile, celery, vinegar, herbs, a drizzle of olive oil, and salt in a large bowl (the cucumbers will give off a lot of juice).
- Put the bowl in a large pot of ice water to chill for 30 minutes. In another bowl, combine the yogurt, a 2-count of olive oil, a squeeze of lemon, the parsley, and refrigerate. To serve, spoon the soup into bowls.

Nutrition Facts



Properties

Glycemic Index:54.63, Glycemic Load:1.26, Inflammation Score:-7, Nutrition Score:15.503478265327%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
 Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 5.77mg,
 Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin:
 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg
 Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg Luteolin: 0.71mg, Luteolin: 0.71mg,
 Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol:
 0.13mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.36mg, Quercetin:
 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 241.45kcal (12.07%), Fat: 14.98g (23.05%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 25.17g (8.39%), Net Carbohydrates: 20.62g (7.5%), Sugar: 18.87g (20.96%), Cholesterol: 0.6mg (0.2%), Sodium: 246.84mg (10.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Vitamin C: 56.3mg (68.25%), Vitamin K: 67.39µg (64.18%), Potassium: 888.33mg (25.38%), Folate: 85.94µg (21.49%), Fiber: 4.55g (18.19%), Vitamin B6: 0.34mg (17.01%), Manganese: 0.31mg (15.71%), Vitamin E: 2.27mg (15.1%), Magnesium: 59.39mg (14.85%), Copper: 0.28mg (13.86%), Vitamin B1: 0.18mg (11.75%), Vitamin B5: 1.12mg (11.16%), Phosphorus: 106.52mg (10.65%), Vitamin A: 527.46IU (10.55%), Calcium: 89.16mg (8.92%), Vitamin B2: 0.13mg (7.89%), Iron: 1.38mg (7.67%), Zinc: 0.82mg (5.44%), Vitamin B3: 0.92mg (4.6%), Selenium: 2.1µg (3%)