



Cool as a Cucumber Soup with Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



203 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 quart buttermilk
- 8 servings garnish: dillweed sprigs
- 1 cup vermouth dry
- 3 pounds cucumbers english
- 0.7 cup dillweed fresh chopped
- 0.3 cup kosher salt
- 0.5 cup razor onions red
- 0.5 teaspoon pepper freshly ground

- 1 tablespoon red wine vinegar
- 0.5 cup shallots finely minced
- 0.5 pound shrimp fresh peeled cut into 1/2-inch pieces
- 0.5 cup tomatoes diced
- 3 tablespoons butter unsalted

Equipment

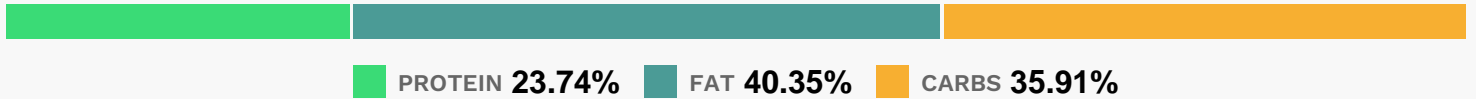
- food processor
- bowl
- frying pan
- ladle
- whisk
- blender
- colander

Directions

- Peel cucumbers.
- Cut into 1/2-inch pieces; toss cucumber with salt, and transfer to a colander placed over a bowl. Cover and chill up to 8 hours.
- Transfer cucumber to a food processor or blender, discarding all liquid. Puree until smooth, stopping to scrape down sides.
- Whisk in buttermilk, pepper, and dillweed.
- Pour mixture into a large bowl. Set aside.
- Melt butter in a small skillet over medium heat.
- Add shallots, and cook 1 minute.
- Add shrimp, and cook 30 seconds.
- Add vermouth; bring to a boil, and immediately strain liquid into cucumber mixture.
- Place shrimp mixture in a bowl; cover and chill shrimp mixture and cucumber mixture.

- Stir vinegar into cucumber mixture. Divide shrimp mixture evenly among individual soupbowls. Ladle soup over shrimp, and serve with diced tomato and razor red onions.
- Garnish, if desired.
- *Razor red onions are red onions sliced paper thin and tossed with a pinch of sugar and enough lemon juice to coat. Prepare 1 to 2 hours ahead, and toss occasionally until softened and pink.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.74, Inflammation Score:-7, Nutrition Score:11.52869569737%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 203.32kcal (10.17%), Fat: 8.6g (13.23%), Saturated Fat: 5.05g (31.56%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 15.5g (5.64%), Sugar: 10.45g (11.61%), Cholesterol: 69.94mg (23.31%), Sodium: 3703.86mg (161.04%), Alcohol: 2.85g (100%), Alcohol %: 0.9% (100%), Protein: 11.38g (22.76%), Vitamin K: 29.72µg (28.3%), Phosphorus: 220.31mg (22.03%), Calcium: 202.57mg (20.26%), Vitamin A: 894.04IU (17.88%), Potassium: 604.67mg (17.28%), Vitamin B2: 0.28mg (16.52%), Manganese: 0.29mg (14.6%), Vitamin C: 11.39mg (13.8%), Magnesium: 51.69mg (12.92%), Copper: 0.24mg (12.19%), Vitamin D: 1.62µg (10.78%), Vitamin B5: 0.98mg (9.77%), Vitamin B6: 0.19mg (9.45%), Vitamin B12: 0.55µg (9.22%), Zinc: 1.31mg (8.76%), Folate: 32.35µg (8.09%), Vitamin B1: 0.12mg (8.08%), Selenium: 5.18µg (7.4%), Fiber: 1.72g (6.89%), Iron: 1.2mg (6.66%), Vitamin B3: 0.44mg (2.18%), Vitamin E: 0.32mg (2.1%)