



Courgette, potato & cheddar soup



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



135 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 500 g potatoes unpeeled roughly chopped
- ☐ 2 vegetable cube
- ☐ 1 kg zucchini roughly chopped
- ☐ 1 bunch spring onion sliced for serving, if eating straight away
- ☐ 100 g extra sharp cheddar cheese grated plus a little extra to serve
- ☐ 8 servings grating nutmeg fresh good

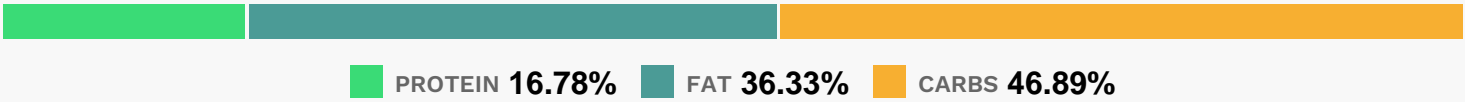
Equipment

- ☐ frying pan

Directions

- ☐ Put the potatoes in a large pan with just enough water to cover them and crumble in the stock cubes. Bring to the boil, then cover and cook for 5 mins.
- ☐ Add the courgettes, put the lid back on and cook for 5 mins more. Throw in the spring onions, cover and cook for a final 5 mins.
- ☐ Take off the heat, then stir in the cheese and season with the nutmeg, salt and pepper. Whizz to a thick soup, adding more hot water until you get the consistency you like.
- ☐ Serve scattered with extra grated cheddar, spring onions and nutmeg or pepper. Or cool and freeze in freezer bags or containers with good lids for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:28.47, Glycemic Load:8.92, Inflammation Score:-6, Nutrition Score:10.623912987502%

Flavonoids

Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 135.24kcal (6.76%), Fat: 5.69g (8.75%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 13.38g (4.86%), Sugar: 4.36g (4.85%), Cholesterol: 12.5mg (4.17%), Sodium: 266.3mg (11.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Vitamin C: 35.31mg (42.8%), Vitamin B6: 0.4mg (20.09%), Manganese: 0.38mg (19.05%), Potassium: 614.28mg (17.55%), Phosphorus: 145.74mg (14.57%), Fiber: 3.14g (12.56%), Vitamin K: 13.07µg (12.45%), Calcium: 121.71mg (12.17%), Vitamin B2: 0.2mg (11.54%), Folate: 46.06µg (11.52%), Magnesium: 44.51mg (11.13%), Vitamin A: 408.45IU (8.17%), Copper: 0.16mg (8.05%), Vitamin B1: 0.12mg (7.9%), Zinc: 1.09mg (7.3%), Vitamin B3: 1.27mg (6.35%), Iron: 1.08mg (5.97%), Selenium: 4.03µg (5.75%), Vitamin B5: 0.49mg (4.94%), Vitamin B12: 0.13µg (2.21%), Vitamin E: 0.27mg (1.78%)