



Cream of Vegetable Soup with Dill

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



9

CALORIES



94 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large baking potato peeled cut into 8 pieces (8 ounces)
- 0.3 teaspoon pepper black freshly ground
- 3 carrots peeled cut into 6 pieces (5 ounces)
- 28 ounce less-sodium chicken broth fat-free canned
- 2 tablespoons optional: dill fresh chopped
- 4 garlic cloves peeled
- 0.3 cup half-and-half
- 2.5 cups onion coarsely chopped (1 large)

- 1 teaspoon salt
- 5 medium zucchini cut into 10 pieces (2 pounds)

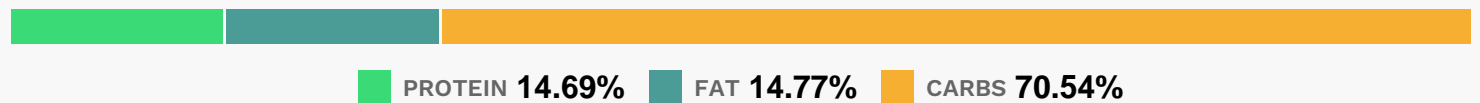
Equipment

- frying pan
- blender
- dutch oven

Directions

- Combine first 6 ingredients in a Dutch oven over medium-high heat. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until vegetables are very tender.
- Place one-third of vegetable mixture in a blender; process until smooth. Repeat procedure with remaining vegetable mixture. Return pureed mixture to pan.
- Add salt and remaining ingredients. Cook over medium heat until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:27.84, Glycemic Load:7.87, Inflammation Score:-10, Nutrition Score:12.277391184931%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.86mg, Quercetin: 9.86mg, Quercetin: 9.86mg, Quercetin: 9.86mg

Nutrients (% of daily need)

Calories: 94.45kcal (4.72%), Fat: 1.66g (2.56%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 14.9g (5.42%), Sugar: 6.34g (7.05%), Cholesterol: 3.14mg (1.05%), Sodium: 651.45mg (28.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Vitamin A: 3654.98IU (73.1%), Vitamin C: 26.89mg (32.59%), Vitamin B6: 0.43mg (21.7%), Manganese: 0.38mg (19.22%), Potassium: 630.21mg (18.01%), Fiber: 2.99g (11.96%), Folate: 45.51µg (11.38%), Vitamin B2: 0.18mg (10.44%), Phosphorus: 104.34mg (10.43%), Magnesium: 38.18mg (9.54%), Vitamin B1: 0.13mg (8.54%), Vitamin B3: 1.68mg (8.4%), Vitamin K: 8.51µg (8.11%), Copper: 0.15mg (7.45%), Vitamin B5: 0.6mg (5.97%), Iron: 1.07mg (5.97%), Calcium: 55.81mg (5.58%), Zinc: 0.66mg (4.41%),

Selenium: 3.04µg (4.35%), Vitamin B12: 0.19µg (3.22%), Vitamin E: 0.3mg (2.01%)