



Creamy Basil Zucchini Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



91 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup basil leaves washed and stemmed, plus more for garnish loosely packed
- ☐ 0.3 teaspoon chili powder plus more for garnish
- ☐ 2 tablespoons crème fraîche plus more for garnish (see Notes)
- ☐ 6 servings kosher salt
- ☐ 4 cups chicken broth homemade reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion yellow chopped
- ☐ 2 pounds zucchini thick sliced

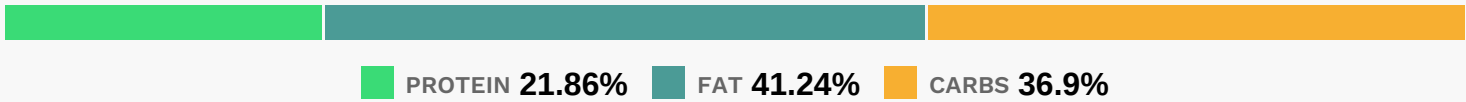
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ sieve
- ☐ blender

Directions

- ☐ Heat olive oil in a large saucepan over medium heat.
- ☐ Add onion and cook until translucent, about 5 minutes.
- ☐ Add zucchini and cook another 2 minutes; then add chicken broth and 1 cup basil leaves. Reduce heat to a simmer and cook 20 minutes.
- ☐ Pure the soup in batches in a blender.
- ☐ Pour the soup through a strainer into a bowl, using a ladle to push any solid bits through.
- ☐ Add 2 tbsp. crme frache and 1/4 tsp. chili powder. Season with salt to taste.
- ☐ Divide soup among bowls and garnish each with some crme frache, a sprinkle of chili powder, and a few basil leaves.
- ☐ The Twist: Dress It Up. We love the simplicity of this soothing, mild soup, but to make it a little fancier, skip garnishing the soup with crme frache, chili powder, and basil in step 3, and instead halve 1 roasted red bell pepper, removing seeds and stem. Slice half into ribbons.
- ☐ Put the other half in a blender and pure with 1/2 cup crme frache or sour cream. Strain into a bowl, then drizzle over soup. Top with bell pepper ribbons and toasted pine nuts.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:1.02, Inflammation Score:-6, Nutrition Score:9.916086865508%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 90.58kcal (4.53%), Fat: 4.6g (7.08%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 7.23g (2.63%), Sugar: 5.2g (5.78%), Cholesterol: 2.36mg (0.79%), Sodium: 256.9mg (11.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.97%), Vitamin C: 29.67mg (35.96%), Vitamin K: 24.75µg (23.58%), Manganese: 0.35mg (17.41%), Potassium: 584.92mg (16.71%), Vitamin B6: 0.3mg (15.09%), Vitamin B3: 2.92mg (14.58%), Vitamin B2: 0.21mg (12.15%), Phosphorus: 117.43mg (11.74%), Vitamin A: 563.52IU (11.27%), Folate: 44.02µg (11.01%), Copper: 0.19mg (9.36%), Magnesium: 34.38mg (8.59%), Fiber: 2.03g (8.12%), Iron: 1.1mg (6.12%), Vitamin B1: 0.08mg (5.46%), Zinc: 0.73mg (4.89%), Calcium: 47.77mg (4.78%), Vitamin E: 0.6mg (4.01%), Vitamin B5: 0.36mg (3.62%), Vitamin B12: 0.17µg (2.76%)