



## Creamy, Cheesy Zucchini Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bunch cilantro leaves
- 3 cups heavy whipping cream
- 0.8 teaspoon cracked pepper black
- 2 bell peppers red finely chopped
- 1 teaspoon salt
- 1 pound swiss cheese shredded
- 5 pounds zucchini trimmed cut into 1-inch chunks

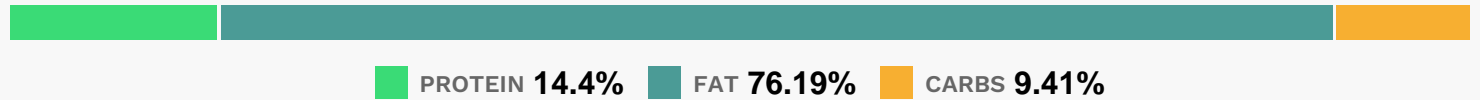
### Equipment

- pot
- blender
- slotted spoon
- dutch oven

## Directions

- Put zucchini in large Dutch oven with a few inches of water. Simmer zucchini over medium-low heat until tender when poked with a fork, about 20 minutes. Use a slotted spoon to transfer zucchini to a blender, leaving about 1 inch of water in the bottom of the pot.
- Blend zucchini until no large chunks remain; return to the pot.
- Combine bell pepper, red onions, and cilantro in the blender; blend until no large pieces remain. Stir bell pepper mixture into the blended zucchini; add cream, Swiss cheese, salt, and pepper. Cook over medium-low heat until warmed through and the cheese is melted, 5 to 7 minutes.

## Nutrition Facts



## Properties

Glycemic Index:13.8, Glycemic Load:1.21, Inflammation Score:-9, Nutrition Score:22.343477954035%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

## Nutrients (% of daily need)

Calories: 466.33kcal (23.32%), Fat: 40.64g (62.53%), Saturated Fat: 24.88g (155.53%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 8.47g (3.08%), Sugar: 8.76g (9.74%), Cholesterol: 122.87mg (40.96%), Sodium: 355.23mg (15.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.57%), Vitamin C: 71.7mg (86.92%), Vitamin A: 2679.64IU (53.59%), Calcium: 490.12mg (49.01%), Phosphorus: 394.77mg (39.48%), Vitamin B2: 0.51mg (29.8%), Vitamin B6: 0.5mg (24.87%), Vitamin B12: 1.48µg (24.73%), Selenium: 16.29µg (23.27%), Manganese: 0.45mg (22.71%), Potassium: 748.4mg (21.38%), Zinc: 2.95mg (19.63%), Folate: 72.84µg (18.21%), Magnesium: 64.12mg (16.03%), Vitamin K: 16.56µg (15.78%), Fiber: 2.83g (11.31%), Vitamin E: 1.6mg (10.66%), Vitamin B5: 0.92mg (9.21%), Vitamin B1: 0.13mg (8.99%), Copper: 0.16mg (7.87%), Vitamin D: 1.14µg (7.62%), Vitamin B3: 1.34mg (6.7%), Iron: 1.1mg (6.13%)