



 **12%**  
HEALTH SCORE

## Creamy Cucumber Soup

 Vegetarian  Gluten Free

READY IN



260 min.

SERVINGS



4

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup chicken broth
- 2.5 lb cucumber english peeled seeded chopped
- 3 cups greek yogurt fat-free
- 3 spring onion
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 4 servings slivered almonds red freshly ground toasted chopped
- 2 tablespoons vinegar white

## Equipment

- food processor
- bowl

## Directions

- Process chicken broth, green onions, vinegar, salt, pepper, and half of chopped cucumbers in a food processor until smooth, stopping to scrape down sides.
- Add yogurt, and pulse until blended.
- Pour into a large bowl; stir in remaining chopped cucumbers. Cover and chill 4 to 24 hours. Season with salt to taste just before serving.
- Garnish, if desired.
- \*Plain low-fat yogurt may be substituted. Decrease chicken broth to 1/2 cup.

## Nutrition Facts

**PROTEIN 47.03%** **FAT 8.72%** **CARBS 44.25%**

## Properties

Glycemic Index:31, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:14.55086952707%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 147.09kcal (7.35%), Fat: 1.48g (2.28%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 15.1g (5.49%), Sugar: 10.09g (11.21%), Cholesterol: 8.38mg (2.79%), Sodium: 515.46mg (22.41%), Alcohol: 0g (100%), Protein: 17.96g (35.93%), Vitamin K: 65.33µg (62.22%), Vitamin B2: 0.56mg (32.93%), Phosphorus: 282.46mg (28.25%), Selenium: 16.02µg (22.88%), Calcium: 224.01mg (22.4%), Potassium: 670.22mg (19.15%), Vitamin B12: 1.06µg (17.65%), Manganese: 0.32mg (15.8%), Magnesium: 58.6mg (14.65%), Vitamin B5: 1.25mg (12.48%), Vitamin C: 9.63mg (11.67%), Vitamin B6: 0.22mg (10.83%), Zinc: 1.46mg (9.75%), Folate: 36.57µg

(9.14%), Copper: 0.17mg (8.42%), Vitamin B1: 0.13mg (8.4%), Vitamin A: 394.98IU (7.9%), Fiber: 1.81g (7.23%), Iron: 1.12mg (6.21%), Vitamin B3: 0.78mg (3.88%), Vitamin E: 0.42mg (2.83%)