



Creamy Cucumber Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup celery sliced (2 stalks; 5 oz.)
- ☐ 0.8 cup crème fraîche sour
- ☐ 12 oz cucumber english rinsed peeled seeded
- ☐ 0.5 teaspoon thyme sprigs dried fresh
- ☐ 1 spring onion rinsed ends trimmed coarsely chopped
- ☐ 0.1 teaspoon hot sauce
- ☐ 4 oz onion thinly sliced

- ☐ 0.3 cup parsley coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 2.5 cups fat-skimmed beef broth
- ☐ 1 pound yukon gold potatoes white peeled cut into 1-inch chunks

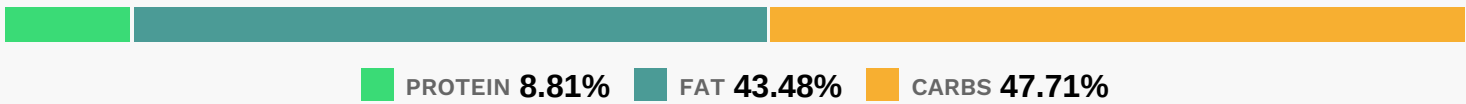
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Combine 2 1/2 cups broth, potatoes, onion, celery, parsley, green onion, thyme, and butter in a 5- to 6-quart pan; cover and bring to a boil over high heat, stirring occasionally. Reduce heat and simmer, stirring occasionally, until potatoes mash easily with a fork, 20 to 25 minutes.
- ☐ Remove from heat and let cool to room temperature, about 1 hour.
- ☐ Meanwhile, thinly slice a fourth of the cucumber; wrap airtight and chill. Coarsely chop remaining.
- ☐ Working in batches, whirl potato mixture and chopped cucumber in a blender until smooth; pour into a large bowl. Stir in 3/4 cup crme frache, 1/2 teaspoon salt, and 1/8 teaspoon hot sauce. Cover and chill until cold, at least 1 hour, or up to 1 day.
- ☐ Thin soup with more broth. If desired, add more salt and hot sauce to taste. Ladle into bowls and garnish with sliced cucumber and more crme frache.

Nutrition Facts



Properties

Glycemic Index:75.44, Glycemic Load:15.29, Inflammation Score:-8, Nutrition Score:15.893043518066%

Flavonoids

Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg, Apigenin: 8.81mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 233.68kcal (11.68%), Fat: 11.75g (18.08%), Saturated Fat: 6.25g (39.03%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 24.97g (9.08%), Sugar: 5.63g (6.26%), Cholesterol: 32.97mg (10.99%), Sodium: 942.57mg (40.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Vitamin K: 92.22µg (87.83%), Vitamin C: 34.03mg (41.25%), Potassium: 837.59mg (23.93%), Vitamin B6: 0.47mg (23.26%), Vitamin A: 919.53IU (18.39%), Manganese: 0.34mg (16.98%), Fiber: 4.04g (16.17%), Phosphorus: 152.11mg (15.21%), Magnesium: 51.44mg (12.86%), Folate: 50.42µg (12.61%), Vitamin B2: 0.2mg (11.6%), Vitamin B3: 2.3mg (11.48%), Copper: 0.22mg (11.08%), Vitamin B1: 0.16mg (10.39%), Calcium: 102.44mg (10.24%), Iron: 1.79mg (9.92%), Vitamin B5: 0.99mg (9.9%), Selenium: 5.61µg (8.02%), Vitamin B12: 0.38µg (6.34%), Zinc: 0.81mg (5.41%), Vitamin E: 0.4mg (2.67%)