



## Creamy Zucchini and Basil Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



87 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup basil fresh packed
- 4 cloves garlic crushed
- 1 tablespoon nutritional yeast
- 0.3 teaspoon pepper freshly ground
- 3 tablespoons cashew pieces raw
- 0.5 teaspoon salt
- 6 servings salt and pepper to taste
- 3 cups vegetable stock (I used Imagine No-Chicken)

- 1 large onion chopped
- 5 zucchini small to medium

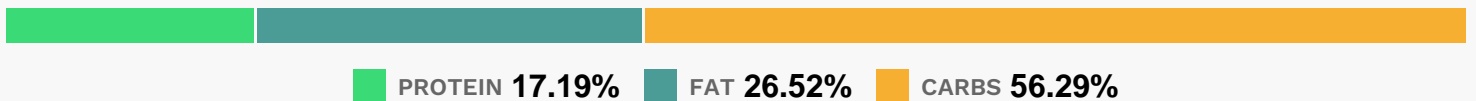
## Equipment

- bowl
- pot
- blender
- grater

## Directions

- Add the garlic and cook for another minute. Stir in the chopped zucchini, salt, and pepper and cook over medium heat, stirring occasionally, for 5 minutes.
- Add the broth and simmer until zucchini is tender, about 15 minutes.
- Pour into a blender (in 2 batches, if necessary) taking care to avoid burns by not filling the blender more than halfway.
- Add the basil, cashews, and nutritional yeast and blend until smooth. Return soup to the pot, season with salt and pepper to taste, and keep warm. Shred the remaining zucchini with a spiral slicer, mandolin, or grater.
- Pour soup into bowls and sprinkle grated zucchini over top.

## Nutrition Facts



## Properties

Glycemic Index:36.2, Glycemic Load:1.74, Inflammation Score:-7, Nutrition Score:10.209565131561%

## Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg, Quercetin: 9.12mg

## Nutrients (% of daily need)

Calories: 87.13kcal (4.36%), Fat: 2.83g (4.36%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 10.84g (3.94%), Sugar: 8.17g (9.08%), Cholesterol: 0mg (0%), Sodium: 876.07mg (38.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Vitamin C: 32.77mg (39.73%), Manganese: 0.47mg (23.71%), Vitamin B6: 0.39mg (19.3%), Potassium: 563.09mg (16.09%), Vitamin K: 14.6µg (13.9%), Folate: 54.12µg (13.53%), Vitamin A: 648.46IU (12.97%), Magnesium: 50.47mg (12.62%), Copper: 0.24mg (11.99%), Phosphorus: 110.55mg (11.06%), Fiber: 2.69g (10.77%), Vitamin B2: 0.17mg (10.05%), Vitamin B1: 0.12mg (8.12%), Iron: 1.24mg (6.91%), Zinc: 0.92mg (6.13%), Calcium: 45.61mg (4.56%), Vitamin B5: 0.45mg (4.46%), Vitamin B3: 0.89mg (4.45%), Selenium: 1.89µg (2.7%), Vitamin E: 0.27mg (1.77%)