



Creamy Zucchini Soup



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



166 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup curd cottage cheese
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 2 teaspoons pepper flakes red
- ☐ 6 servings salt and pepper to taste
- ☐ 14 ounce spicy tofu firm cubed

- ☐ 3 cups vegetable stock
- ☐ 1.5 pounds zucchini sliced

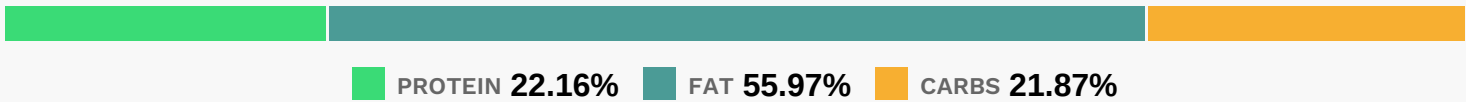
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Melt the butter and heat the oil in a large skillet over medium heat.
- ☐ Mix in the onion, and cook 5 minutes.
- ☐ Mix in the zucchini and tofu. Season with red pepper flakes and oregano. Continue to cook and stir 10 minutes, until zucchini is tender.
- ☐ Pour the vegetable stock into the skillet. Bring to a boil, reduce heat to low, and simmer 35 minutes.
- ☐ In a blender, process the soup and cottage cheese until smooth. Season with salt and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:1.73, Inflammation Score:-7, Nutrition Score:7.8139130547643%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 165.95kcal (8.3%), Fat: 10.71g (16.48%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 7.07g (2.57%), Sugar: 5.34g (5.93%), Cholesterol: 7.99mg (2.66%), Sodium: 757.48mg (32.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.09%), Vitamin C: 21.67mg (26.26%), Vitamin A:

763.58IU (15.27%), Calcium: 127.82mg (12.78%), Manganese: 0.25mg (12.66%), Vitamin B6: 0.23mg (11.62%), Potassium: 358.78mg (10.25%), Vitamin K: 10.7µg (10.19%), Fiber: 2.35g (9.39%), Vitamin B2: 0.15mg (8.76%), Iron: 1.53mg (8.5%), Folate: 33.85µg (8.46%), Vitamin E: 1.2mg (7.97%), Phosphorus: 79.29mg (7.93%), Magnesium: 25.59mg (6.4%), Vitamin B1: 0.07mg (4.44%), Copper: 0.08mg (4.06%), Vitamin B5: 0.36mg (3.63%), Zinc: 0.5mg (3.36%), Vitamin B3: 0.64mg (3.22%), Selenium: 2.19µg (3.13%), Vitamin B12: 0.08µg (1.32%)