



Creamy Zucchini Soup with Mixed Herbs



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 ounces bread french ()
- ☐ 5 cups fat-skimmed beef broth fat-free
- ☐ 0.8 cup parsley fresh
- ☐ 3 tablespoons chives fresh chopped
- ☐ 3 tablespoons tarragon fresh
- ☐ 1 garlic clove halved

- ☐ 2 garlic clove minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 tablespoon olive oil divided
- ☐ 1.5 cups onion chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 9 cups zucchini sliced (1-inch) ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ dutch oven

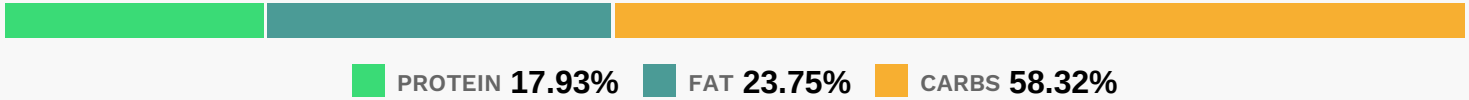
Directions

- ☐ Heat 1 1/2 teaspoons oil in a Dutch oven over medium-high heat.
- ☐ Add onion and minced garlic; saut 5 minutes or until tender.
- ☐ Add zucchini, broth, 1/2 teaspoon salt, and 1/2 teaspoon pepper; bring to a boil. Reduce heat, and simmer 25 minutes or until zucchini is very tender.
- ☐ Let stand 5 minutes.
- ☐ Place half of the zucchini mixture in a blender; cover tightly, and process until smooth.
- ☐ Pour pureed zucchini mixture into a large bowl. Repeat procedure with remaining zucchini mixture.
- ☐ Place pureed zucchini mixture in pan. Cook over low heat 5 minutes or until thoroughly heated. Keep warm.
- ☐ Preheat oven to 40
- ☐ Place bread slices in a single layer on a baking sheet. Coat bread with cooking spray.

- ☐
- Bake at 400 for 5 minutes or until toasted. Rub bread with cut sides of garlic clove.

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Nutrition Facts



Properties

Glycemic Index:49.19, Glycemic Load:7.71, Inflammation Score:-8, Nutrition Score:16.711304519487%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg, Apigenin: 12.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg, Isorhamnetin: 1.58mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg, Quercetin: 7.1mg

Nutrients (% of daily need)

Calories: 107.73kcal (5.39%), Fat: 3.07g (4.72%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 14.24g (5.18%), Sugar: 5.72g (6.36%), Cholesterol: 0mg (0%), Sodium: 864.71mg (37.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin K: 102.19µg (97.33%), Vitamin C: 37.23mg (45.13%), Manganese: 0.64mg (31.86%), Vitamin B6: 0.38mg (19.15%), Folate: 75.14µg (18.79%), Vitamin A: 913.66IU (18.27%), Potassium: 588.1mg (16.8%), Vitamin B2: 0.27mg (16.07%), Iron: 2.59mg (14.4%), Vitamin B1: 0.2mg (13.47%), Vitamin B3: 2.46mg (12.32%), Magnesium: 47.05mg (11.76%), Selenium: 7.9µg (11.29%), Fiber: 2.69g (10.76%), Phosphorus: 106.35mg (10.63%), Calcium: 83.86mg (8.39%), Copper: 0.17mg (8.39%), Vitamin B5: 0.57mg (5.75%), Zinc: 0.86mg (5.72%), Vitamin B12: 0.28µg (4.73%), Vitamin E: 0.5mg (3.35%)