



Cucumber-Dill Soup with Scallions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups buttermilk
- ☐ 5 large cucumber peeled seeded quartered
- ☐ 1 bunch optional: dill
- ☐ 1 clove garlic chopped
- ☐ 3 juice of lemon
- ☐ 1 cup yogurt plain
- ☐ 8 servings salt
- ☐ 1 bunch spring onion

- ☐ 1 Dash all the tabasco sauce you handle
- ☐ 8 servings pepper white freshly ground

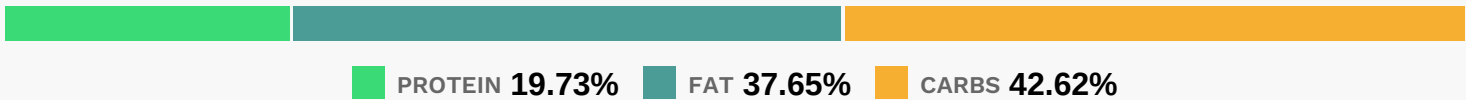
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Thinly slice half of the cucumbers crosswise. Thinly slice half of the scallions crosswise. Set aside.
- ☐ Coarsely chop the remaining cucumbers and scallions and transfer to a large bowl.
- ☐ Add the dill, garlic, lemon juice, buttermilk, and yogurt, and give a good but gentle stir. Season with salt and pepper and puree in a blender until liquefied. (NOTE: You can use a food processor, but a blender will give a smoother, more pleasing result.)
- ☐ Transfer the soup to a large bowl and add the reserved sliced cucumbers and scallions. Adjust seasoning with salt, pepper, and Tabasco to taste. Chill for at least 2 hours in the refrigerator.
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Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:2.55, Inflammation Score:-5, Nutrition Score:9.8269564224326%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 124.05kcal (6.2%), Fat: 5.33g (8.19%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 11.69g (4.25%), Sugar: 10.06g (11.17%), Cholesterol: 17.18mg (5.73%), Sodium: 338.54mg (14.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.56%), Calcium: 208.75mg (20.88%), Vitamin K: 19.24µg (18.32%), Vitamin B2: 0.3mg (17.71%), Phosphorus: 174.03mg (17.4%), Vitamin C: 11.32mg (13.73%), Potassium: 471.28mg (13.47%), Manganese: 0.23mg (11.71%), Vitamin B12: 0.67µg (11.09%), Vitamin D: 1.59µg (10.6%), Vitamin B5: 1.01mg (10.15%), Magnesium: 39.92mg (9.98%), Folate: 37.21µg (9.3%), Copper: 0.18mg (9.05%), Vitamin B1: 0.13mg (8.34%), Vitamin A: 394.61IU (7.89%), Vitamin B6: 0.16mg (7.81%), Selenium: 5.43µg (7.76%), Fiber: 1.87g (7.49%), Zinc: 0.98mg (6.53%), Iron: 0.79mg (4.4%), Vitamin E: 0.19mg (1.26%), Vitamin B3: 0.23mg (1.15%)