



Cucumber Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado ripe peeled seeded
- 0.3 teaspoon pepper black freshly ground
- 8 pounds cucumbers divided
- 2 teaspoons optional: dill fresh chopped
- 0.3 cup honey divided
- 0.3 cup rice wine vinegar
- 0.3 teaspoon salt

Equipment

- food processor
- bowl
- sieve
- blender
- wooden spoon
- spatula
- cheesecloth

Directions

- Cut 5 cucumbers into 3-inch chunks.
- Place half of cucumber chunks and 2 tablespoons honey in a blender or food processor; process until smooth.
- Pour pureed cucumber mixture through a cheesecloth-lined sieve into a bowl. Repeat procedure with the remaining chunks. Cover and chill at least 8 hours.
- Peel, seed, and thinly slice remaining 6 cucumbers; place slices in a bowl.
- Add vinegar and remaining 2 tablespoons honey; toss well to coat. Cover and chill 8 hours or overnight.
- Working with pureed cucumber mixture in sieve, press mixture lightly with a wooden spoon or rubber spatula to squeeze out juice; discard solids.
- Place half of marinated cucumber slices, avocado, and 1 3/4 cups cucumber juice in a blender or food processor; process until smooth.
- Pour cucumber mixture into a bowl. Repeat procedure with remaining cucumber slices and 1 3/4 cups cucumber juice; reserve any remaining juice for another use. Stir in chopped dill, salt, and pepper.
- Place 1 1/2 cups soup into each of 6 bowls.
- Garnish with cracked black pepper and dill sprigs, if desired.
- Wine note: Green, vegetal flavors, like those found in this soup, call for sauvignon blanc's distinctive, herbaceous character. The wine's grassy, citrus qualities bring out the soup's fresh, crisp flavors. A good value from California is Dry Creek Vineyard Fum Blanc (\$50). – Jeffery Lindenmuth

Nutrition Facts

PROTEIN 9.5% FAT 29.36% CARBS 61.14%

Properties

Glycemic Index:34.05, Glycemic Load:7.65, Inflammation Score:-7, Nutrition Score:15.523478207381%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 171.25kcal (8.56%), Fat: 5.9g (9.07%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 27.62g (9.21%), Net Carbohydrates: 21.09g (7.67%), Sugar: 20.17g (22.41%), Cholesterol: 0mg (0%), Sodium: 112.15mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin K: 50.72µg (48.3%), Potassium: 993.92mg (28.4%), Folate: 112.15µg (28.04%), Vitamin C: 22.8mg (27.64%), Fiber: 6.53g (26.11%), Manganese: 0.52mg (25.88%), Copper: 0.5mg (25%), Magnesium: 82.84mg (20.71%), Vitamin B6: 0.4mg (19.91%), Vitamin B5: 1.93mg (19.28%), Phosphorus: 145.57mg (14.56%), Vitamin B1: 0.21mg (14%), Vitamin B2: 0.2mg (11.79%), Vitamin A: 487.39IU (9.75%), Calcium: 90.67mg (9.07%), Iron: 1.59mg (8.82%), Zinc: 1.28mg (8.51%), Vitamin E: 0.88mg (5.84%), Vitamin B3: 0.83mg (4.13%), Selenium: 0.91µg (1.3%)