



Cucumber Soup I

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



95 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups chicken broth
- 2 cucumber
- 0.1 tablespoon tarragon dried
- 3 tablespoons parsley fresh chopped
- 2 tablespoons spring onion thinly sliced
- 2 tablespoons butter
- 1 tablespoon red wine vinegar
- 6 servings salt to taste

0.5 cup cream sour

Equipment

bowl

whisk

blender

Directions

Peel, seed, and chop 2 cucumbers.

Cook the chopped scallions in the margarine until soft.

Add the chopped cucumbers and the wine vinegar.

Pour in the broth, and stir in the farina. Salt to taste, and add tarragon.

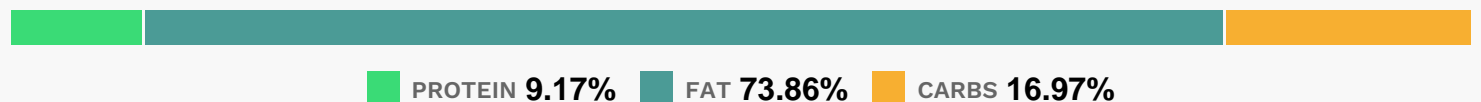
Let the soup simmer for 20 minutes, or until the cucumbers are soft.

Put the soup into a blender, and puree it.

Pour the puree into a bowl, and whisk in the sour cream. Taste the soup for seasoning.

Pour the soup into bowls, and garnish with cucumber slices and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:5.9539130666982%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 95.17kcal (4.76%), Fat: 7.99g (12.3%), Saturated Fat: 2.75g (17.22%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.3g (1.2%), Sugar: 2.77g (3.08%), Cholesterol: 14.44mg (4.81%), Sodium: 828.7mg (36.03%), Alcohol: 0g (100%), Protein: 2.23g (4.47%), Vitamin K: 44.43µg (42.31%), Vitamin A: 556.01IU (11.12%), Vitamin B2:

0.16mg (9.23%), Manganese: 0.17mg (8.34%), Vitamin C: 6.5mg (7.88%), Potassium: 212.14mg (6.06%), Copper: 0.1mg (5.2%), Folate: 19.92µg (4.98%), Vitamin B1: 0.07mg (4.76%), Calcium: 47.16mg (4.72%), Phosphorus: 45.46mg (4.55%), Magnesium: 17.63mg (4.41%), Vitamin B5: 0.33mg (3.32%), Fiber: 0.83g (3.32%), Vitamin B6: 0.07mg (3.29%), Iron: 0.56mg (3.09%), Zinc: 0.38mg (2.53%), Vitamin E: 0.34mg (2.24%), Vitamin B3: 0.45mg (2.24%), Selenium: 1.46µg (2.08%), Vitamin B12: 0.08µg (1.27%)