



Cucumber Soup with Leeks and Celery

 **Gluten Free**

READY IN



45 min.

SERVINGS



5

CALORIES



92 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups baking potato diced peeled
- 0.5 cup celery diced
- 0.3 cup cucumber diced
- 2 cups cucumber cubed peeled
- 0.8 cup leek thinly sliced
- 0.3 cup yogurt plain low-fat
- 2 cups low-salt chicken broth
- 2 teaspoons butter

- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 1 cup water

Equipment

- food processor
- bowl
- frying pan
- ladle
- blender

Directions

- Melt margarine in a large nonstick skillet over medium heat.
- Add cucumber, leek, and celery; cover, reduce heat to low, and cook 10 minutes or until vegetables are tender, stirring occasionally.
- Add broth, potato, water, salt, and pepper; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until potato is tender.
- Place cucumber mixture in a blender or food processor, and process until vegetables are finely chopped. Ladle soup into bowls, and top each serving with 1 tablespoon diced cucumber and 1 tablespoon yogurt.

Nutrition Facts



Properties

Glycemic Index:42.15, Glycemic Load:7.11, Inflammation Score:-4, Nutrition Score:6.4665217192277%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 92.46kcal (4.62%), Fat: 2.62g (4.04%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 12.57g (4.57%), Sugar: 3.06g (3.4%), Cholesterol: 0.98mg (0.33%), Sodium: 307.78mg (13.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Vitamin K: 14.63µg (13.93%), Potassium: 443.31mg (12.67%), Vitamin B6: 0.24mg (12.16%), Manganese: 0.2mg (9.91%), Phosphorus: 97.26mg (9.73%), Vitamin B3: 1.89mg (9.44%), Copper: 0.17mg (8.43%), Vitamin C: 6.6mg (8%), Vitamin A: 393.17IU (7.86%), Folate: 28.99µg (7.25%), Magnesium: 26.99mg (6.75%), Calcium: 62.51mg (6.25%), Vitamin B2: 0.1mg (6.13%), Iron: 1.04mg (5.79%), Fiber: 1.43g (5.74%), Vitamin B1: 0.07mg (4.91%), Vitamin B5: 0.43mg (4.27%), Zinc: 0.51mg (3.41%), Vitamin B12: 0.19µg (3.13%), Vitamin E: 0.24mg (1.6%), Selenium: 0.96µg (1.37%)