



Cucumber-Yogurt Soup with Pepperoncini



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



62 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup buttermilk
- ☐ 1 pound cucumber peeled seeded coarsely chopped for serving
- ☐ 0.3 cup optional: dill chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 10 pepperoncini peppers stemmed seeded chopped
- ☐ 6 servings salt
- ☐ 1 cup yogurt plain

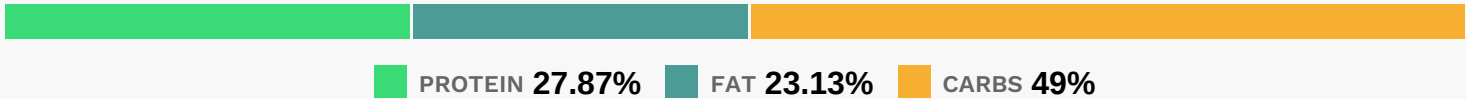
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ In a blender, puree the chopped cucumbers with the chopped pepperoncini, the pickling liquid, 2 tablespoons of the dill, the yogurt and buttermilk until very smooth. Stir in the cumin and the remaining dill and season with salt. Refrigerate until chilled, about 30 minutes.
- ☐ Ladle the soup into 6 bowls.
- ☐ Serve each bowl with a whole pepperoncini and cucumber spears on the side.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:6.6926087555678%

Flavonoids

Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 62.39kcal (3.12%), Fat: 1.63g (2.51%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 6.64g (2.41%), Sugar: 6.46g (7.18%), Cholesterol: 5.22mg (1.74%), Sodium: 272.24mg (11.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Vitamin C: 18.24mg (22.11%), Calcium: 145.14mg (14.51%), Phosphorus: 121.03mg (12.1%), Vitamin B2: 0.2mg (11.67%), Potassium: 319.59mg (9.13%), Vitamin B12: 0.43µg (7.22%), Vitamin B6: 0.14mg (6.9%), Vitamin K: 7.23µg (6.89%), Vitamin A: 332.16IU (6.64%), Vitamin B5: 0.65mg (6.47%), Folate: 25.26µg (6.32%), Magnesium: 25.05mg (6.26%), Manganese: 0.1mg (5.18%), Vitamin B1: 0.08mg (5.13%), Zinc: 0.74mg (4.94%), Fiber: 1.15g (4.58%), Copper: 0.09mg (4.46%), Selenium: 3.08µg (4.4%), Vitamin D: 0.52µg (3.47%), Iron: 0.48mg (2.65%), Vitamin B3: 0.36mg (1.78%), Vitamin E: 0.17mg (1.12%)