



Curried Zucchini Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



84 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons curry powder
- 2 tablespoons cilantro leaves fresh chopped for garnish
- 1 clove garlic minced
- 1 cup cup heavy whipping cream sour reduced-fat
- 2 tablespoons olive oil
- 1 medium onion chopped
- 10 servings salt and pepper black freshly ground
- 4 cups vegetable broth low-sodium

2 pounds zucchini trimmed coarsely chopped (6)

Equipment

- bowl
- ladle
- whisk
- pot
- blender

Directions

- Warm oil in a pot over medium heat.
- Add onion and saut until softened, 6 to 8 minutes.
- Add garlic and curry powder and stir until fragrant, about 1 minute. Raise heat to medium-high, add zucchini, pour in broth and add 1 tsp. salt. Cover and bring to a simmer.
- Remove cover, reduce heat to medium to maintain a simmer and cook until zucchini is very tender, about 20 minutes.
- Remove from heat and let soup cool slightly.
- Working in batches, puree soup in a blender until smooth.
- Transfer to a large bowl, cover and refrigerate until chilled, at least 2 hours.
- Just before serving, whisk in sour cream and season with salt and pepper. Ladle into chilled bowls, garnish with cilantro and serve.

Nutrition Facts



PROTEIN 11.31% **FAT 56.78%** **CARBS 31.91%**

Properties

Glycemic Index:14.1, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:5.3160870049311%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg,

Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:
2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 83.87kcal (4.19%), Fat: 5.6g (8.61%), Saturated Fat: 2g (12.47%), Carbohydrates: 7.08g (2.36%), Net
Carbohydrates: 5.42g (1.97%), Sugar: 3.2g (3.56%), Cholesterol: 8.05mg (2.68%), Sodium: 27.16mg (1.18%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin C: 17.42mg (21.12%), Manganese: 0.21mg (10.5%),
Potassium: 310.74mg (8.88%), Vitamin B6: 0.17mg (8.72%), Vitamin B2: 0.12mg (6.92%), Folate: 27.08µg (6.77%),
Fiber: 1.66g (6.66%), Vitamin K: 6.56µg (6.25%), Phosphorus: 56.04mg (5.6%), Vitamin A: 267.01IU (5.34%),
Magnesium: 21.01mg (5.25%), Calcium: 52.45mg (5.25%), Vitamin E: 0.67mg (4.5%), Vitamin B1: 0.06mg (3.79%),
Copper: 0.06mg (3.09%), Zinc: 0.45mg (2.97%), Iron: 0.53mg (2.92%), Vitamin B3: 0.46mg (2.28%), Vitamin B5:
0.2mg (2.02%), Vitamin B12: 0.1µg (1.61%), Selenium: 1.07µg (1.52%)