



Curried Zucchini Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 quart chicken stock see
- 1 tablespoon curry powder
- 2 tablespoons olive oil extra virgin
- 1 large onion halved thinly sliced
- 6 servings sea salt to taste
- 4 small zucchini halved lengthwise cut into 1 inch slices

Equipment

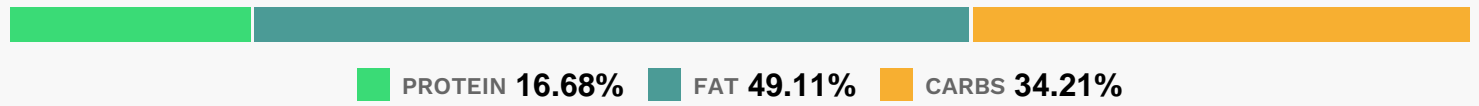
- pot

- blender
- immersion blender

Directions

- Heat the oil in a large pot. Stir in the onion, and season with curry powder and salt. Cook and stir until onion is tender. Stir in zucchini, and cook until tender.
- Pour in the chicken stock. Bring to a boil. Cover, reduce heat to low, and simmer 20 minutes.
- Remove soup from heat. Use a hand blender, or transfer in batches to a blender, and blend until almost smooth.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.78, Inflammation Score:-4, Nutrition Score:7.1239130652469%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 124.66kcal (6.23%), Fat: 6.97g (10.73%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 9.39g (3.41%), Sugar: 5.55g (6.16%), Cholesterol: 4.73mg (1.58%), Sodium: 427.24mg (18.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Vitamin C: 16.36mg (19.83%), Vitamin B3: 2.91mg (14.55%), Vitamin B6: 0.27mg (13.3%), Vitamin B2: 0.22mg (12.8%), Potassium: 422.95mg (12.08%), Manganese: 0.21mg (10.74%), Phosphorus: 83.22mg (8.32%), Folate: 33.06µg (8.26%), Copper: 0.14mg (7.25%), Vitamin K: 7.61µg (7.24%), Vitamin B1: 0.1mg (6.98%), Vitamin E: 1.04mg (6.92%), Magnesium: 25.51mg (6.38%), Fiber: 1.54g (6.17%), Selenium: 3.92µg (5.61%), Iron: 1mg (5.55%), Zinc: 0.56mg (3.71%), Vitamin A: 172.43IU (3.45%), Calcium: 28.02mg (2.8%), Vitamin B5: 0.19mg (1.91%)