



Curried Zucchini Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz chicken broth canned
- ☐ 1 tablespoon curry powder
- ☐ 4 cloves garlic minced peeled
- ☐ 14 oz lite coconut milk light reduced-fat canned ()
- ☐ 2 teaspoons olive oil
- ☐ 8 oz onion peeled chopped
- ☐ 4 servings salt and pepper white
- ☐ 1 pound zucchini rinsed ends trimmed coarsely chopped

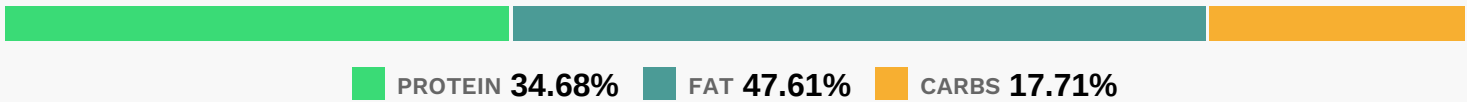
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a 4- to 5-quart pan over medium heat, stir onion and garlic in oil until soft, about 8 minutes.
- ☐ Add zucchini and 1 cup chicken broth; simmer until zucchini is tender, about 10 minutes.
- ☐ Transfer mixture to a blender; whirl until smooth.
- ☐ Return to pan. Stir in remaining chicken broth, the coconut milk, curry powder, and salt and pepper to taste. Stir until hot.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:13.521304376747%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.31mg, Quercetin: 12.31mg, Quercetin: 12.31mg, Quercetin: 12.31mg

Nutrients (% of daily need)

Calories: 348.34kcal (17.42%), Fat: 17.86g (27.48%), Saturated Fat: 9.43g (58.95%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 12.29g (4.47%), Sugar: 5.31g (5.9%), Cholesterol: 53.16mg (17.72%), Sodium: 801.56mg (34.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.27g (58.55%), Vitamin C: 25.6mg (31.03%), Selenium: 20.75µg (29.65%), Vitamin B6: 0.51mg (25.47%), Phosphorus: 232.01mg (23.2%), Zinc: 3.21mg (21.42%), Manganese: 0.39mg (19.44%), Vitamin B12: 1.06µg (17.72%), Potassium: 576.64mg (16.48%), Vitamin B3: 3.2mg (16.01%), Vitamin B2: 0.24mg (13.87%), Iron: 2.43mg (13.49%), Magnesium: 50.85mg (12.71%), Fiber: 2.66g (10.64%), Folate: 42.51µg (10.63%), Vitamin K: 10.3µg (9.81%), Vitamin A: 431.16IU (8.62%), Copper: 0.16mg (7.84%), Vitamin E: 1.11mg (7.39%), Calcium: 58.81mg (5.88%), Vitamin B1: 0.09mg (5.79%), Vitamin B5: 0.32mg (3.19%)