



Easy Cold Cucumber Soup

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



232 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large cucumbers diced peeled seeded
- 0.5 cup optional: dill fresh chopped
- 0.5 cup mint leaves fresh chopped
- 1 clove garlic minced
- 1.3 cups yogurt plain
- 1.3 cups cup heavy whipping cream sour
- 2 cups vegetable broth

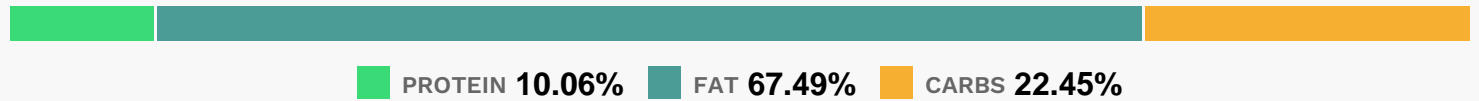
Equipment

- bowl
- immersion blender

Directions

- Combine cucumber, sour cream, yogurt, vegetable broth, and garlic in a large bowl; blend together using an immersion blender until smooth. Blend in mint and dill. Refrigerate until chilled, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.82, Inflammation Score:-8, Nutrition Score:10.255652217761%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg, Isorhamnetin: 2.56mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 231.87kcal (11.59%), Fat: 17.87g (27.5%), Saturated Fat: 9.49g (59.32%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 11.81g (4.3%), Sugar: 9.36g (10.4%), Cholesterol: 55.85mg (18.62%), Sodium: 539.59mg (23.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.98%), Vitamin A: 1602.01IU (32.04%), Calcium: 223.1mg (22.31%), Vitamin B2: 0.31mg (18.41%), Phosphorus: 174.38mg (17.44%), Vitamin C: 12.59mg (15.27%), Potassium: 491.19mg (14.03%), Manganese: 0.27mg (13.34%), Folate: 45.16µg (11.29%), Vitamin K: 11.41µg (10.86%), Magnesium: 42.19mg (10.55%), Vitamin B5: 0.96mg (9.58%), Vitamin B6: 0.16mg (7.82%), Vitamin B12: 0.46µg (7.72%), Copper: 0.15mg (7.49%), Zinc: 1.1mg (7.32%), Selenium: 4.88µg (6.97%), Fiber: 1.57g (6.28%), Vitamin B1: 0.09mg (6.13%), Iron: 1.09mg (6.05%), Vitamin E: 0.38mg (2.55%), Vitamin B3: 0.38mg (1.89%)