



Easy Creamy Zucchini Soup

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon cut into small pieces
- ☐ 14.5 ounce chicken broth canned
- ☐ 1 teaspoon basil dried
- ☐ 3 cloves garlic chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 1 large onion chopped
- ☐ 0.3 cup parmesan cheese grated to taste
- ☐ 2 teaspoons salt

- ☐ 2 cups water
- ☐ 3 pounds zucchini sliced

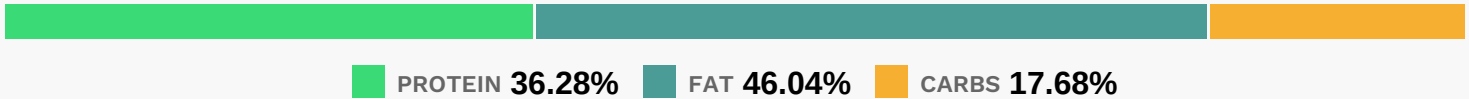
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Mix zucchini, water, chicken broth, onion, bacon, garlic, salt, pepper, and basil together in a large pot; bring to a boil and cook until the zucchini is tender, about 30 minutes.
- ☐ Pour soup into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth. Top with Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:12.096521740374%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 193.1kcal (9.65%), Fat: 9.98g (15.36%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 6.47g (2.35%), Sugar: 5.06g (5.63%), Cholesterol: 35.67mg (11.89%), Sodium: 974.2mg (42.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.7g (35.41%), Vitamin C: 32.19mg (39.01%), Vitamin B6: 0.45mg (22.28%), Manganese: 0.39mg (19.68%), Selenium: 13.37µg (19.1%), Phosphorus: 186.8mg (18.68%), Potassium: 588.72mg (16.82%), Zinc: 2.16mg (14.39%), Vitamin B2: 0.24mg (14.07%), Vitamin B3: 2.48mg (12.42%), Magnesium: 46.87mg (11.72%), Folate: 46.06µg (11.52%), Vitamin K: 11.2µg (10.66%), Vitamin B12: 0.61µg (10.18%), Vitamin A: 465.02IU (9.3%), Iron: 1.56mg (8.65%), Fiber: 2.15g (8.61%), Vitamin B1: 0.12mg (7.93%), Calcium: 74.97mg (7.5%), Copper: 0.15mg (7.41%), Vitamin B5: 0.45mg (4.53%), Vitamin E: 0.45mg (3.02%)