



Fennel and Zucchini Soup with Warm Tomato Relish



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



121 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



2 cups fennel bulb fresh diced chopped (from 1 large bulb)



0.3 teaspoon fennel seeds



0.8 cup grape tomatoes quartered



2 cups chicken broth



2 tablespoons olive oil extra virgin extra-virgin divided



1 cup onion chopped



1 cup zucchini diced trimmed

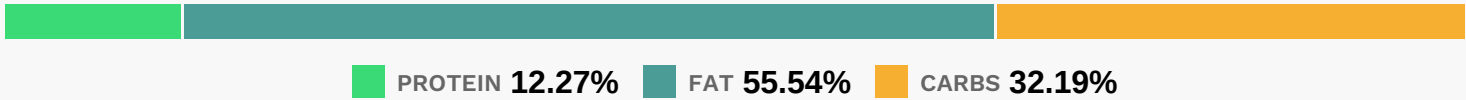
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat 1 1/2 tablespoons olive oil in large saucepan over medium-high heat.
- ☐ Add diced fennel, zucchini, onion, and fennel seeds. Sauté until fennel is translucent, 4 to 5 minutes.
- ☐ Add broth; bring to boil. Cover; reduce heat and simmer until vegetables are tender, about 15 minutes. Puree in blender until smooth; return soup to saucepan. Season to taste with salt and pepper.
- ☐ Meanwhile, heat remaining 1/2 tablespoon olive oil in medium skillet over medium heat.
- ☐ Add tomatoes and sauté until just heated through, 1 to 2 minutes.
- ☐ Remove from heat.
- ☐ Mix in 1 tablespoon chopped fennel fronds; season relish with salt and pepper.
- ☐ Serve soup with relish.
- ☐ Per serving: 118 calories, 8 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:2.03, Inflammation Score:-5, Nutrition Score:7.9160868940146%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin:

2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

Nutrients (% of daily need)

Calories: 120.97kcal (6.05%), Fat: 8.01g (12.32%), Saturated Fat: 1.27g (7.92%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 7.72g (2.81%), Sugar: 5.07g (5.63%), Cholesterol: 0mg (0%), Sodium: 63.75mg (2.77%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin K: 35.23µg (33.55%), Vitamin C: 17.58mg (21.31%), Potassium: 489.28mg (13.98%), Manganese: 0.23mg (11.48%), Vitamin B3: 2.25mg (11.27%), Fiber: 2.72g (10.89%), Vitamin E: 1.46mg (9.71%), Phosphorus: 87.84mg (8.78%), Folate: 30.98µg (7.74%), Vitamin B6: 0.15mg (7.69%), Vitamin A: 353.98IU (7.08%), Copper: 0.14mg (6.94%), Vitamin B2: 0.09mg (5.59%), Magnesium: 21.71mg (5.43%), Iron: 0.9mg (5.01%), Calcium: 44.55mg (4.46%), Vitamin B1: 0.05mg (3.17%), Zinc: 0.42mg (2.83%), Vitamin B5: 0.24mg (2.38%), Vitamin B12: 0.12µg (1.97%)