



# Fresh Tomato Zucchini Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



96 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 teaspoons dill dried
- 1 tablespoon tarragon dried
- 1 clove garlic minced
- 0.3 teaspoon pepper black
- 2.5 tablespoons olive oil
- 1 tablespoon to 5 chillies fresh red chopped
- 1 teaspoon salt
- 1 small onion sweet chopped

- 8 large tomatoes cored
- 14 ounce vegetable stock canned
- 1 medium zucchini cubed

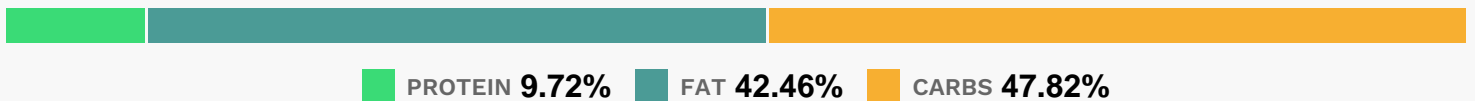
## Equipment

- food processor
- frying pan
- pot
- blender

## Directions

- Heat the oil in a skillet over medium heat. Cook and stir the zucchini and garlic in the skillet until lightly browned.
- Remove from heat, and set aside.
- In a blender or food processor, puree the tomatoes, onion, and chile pepper, leaving a few small chunks.
- In a large pot, mix the tomato puree and vegetable broth. Season with tarragon, dill, salt, and pepper. Bring to a boil, reduce heat to low, and mix in the zucchini and garlic. Cover, and cook 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:34.38, Glycemic Load:2.59, Inflammation Score:-8, Nutrition Score:10.315217577893%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

## Nutrients (% of daily need)

Calories: 96kcal (4.8%), Fat: 4.94g (7.6%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 9.56g (3.48%), Sugar: 8g (8.89%), Cholesterol: 0mg (0%), Sodium: 504.9mg (21.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Vitamin C: 34.68mg (42.04%), Vitamin A: 1740.75IU (34.81%), Manganese: 0.38mg (19.02%), Vitamin K: 18.56µg (17.68%), Potassium: 587.69mg (16.79%), Vitamin B6: 0.28mg (13.95%), Fiber: 2.95g (11.81%), Folate: 45.55µg (11.39%), Vitamin E: 1.66mg (11.1%), Magnesium: 32.96mg (8.24%), Copper: 0.16mg (7.76%), Phosphorus: 69.74mg (6.97%), Vitamin B3: 1.36mg (6.79%), Vitamin B1: 0.1mg (6.72%), Iron: 1.15mg (6.41%), Vitamin B2: 0.08mg (4.73%), Calcium: 46.26mg (4.63%), Zinc: 0.49mg (3.3%), Vitamin B5: 0.26mg (2.59%)