



Herbed Zucchini Soup

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



132 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups chicken broth
- ☐ 1 tablespoon tarragon dried fresh chopped
- ☐ 0.3 teaspoon ground pepper fresh black
- ☐ 0.3 teaspoon salt
- ☐ 3 oz cheddar cheese shredded
- ☐ 1.5 lbs zucchini cut into 1-inch pieces (3 medium)

Equipment

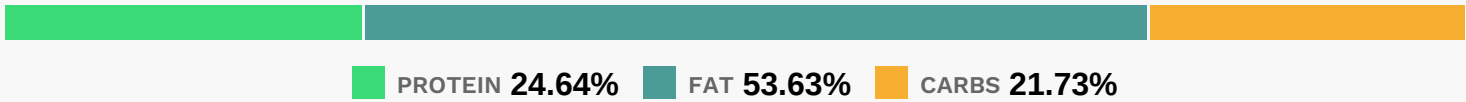
- ☐ frying pan

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place broth, zucchini and tarragon (or dill) in a medium saucepan; bring to a boil over high heat. Reduce to a simmer and cook, uncovered, until the zucchini is tender, 7–10 minutes. 2 Puree in a blender, in batches if necessary, until smooth. Return the soup to the pan and heat over medium–high heat, slowly stirring in cheese until it is incorporated.
- ☐ Remove from heat and season with salt and pepper.
- ☐ Serve hot or chilled.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:11.798260901285%

Flavonoids

Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 131.72kcal (6.59%), Fat: 8.27g (12.73%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 5.68g (2.07%), Sugar: 5.08g (5.65%), Cholesterol: 24.79mg (8.26%), Sodium: 953mg (41.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.1%), Vitamin C: 31.32mg (37.97%), Manganese: 0.54mg (27%), Vitamin B2: 0.38mg (22.43%), Calcium: 205.17mg (20.52%), Phosphorus: 174.74mg (17.47%), Vitamin B6: 0.33mg (16.72%), Potassium: 546.59mg (15.62%), Vitamin A: 630.95IU (12.62%), Folate: 50.1µg (12.53%), Magnesium: 44.41mg (11.1%), Selenium: 7.15µg (10.21%), Zinc: 1.52mg (10.12%), Vitamin B1: 0.12mg (8.28%), Vitamin K: 8.03µg (7.65%), Iron: 1.37mg (7.59%), Fiber: 1.86g (7.45%), Copper: 0.14mg (6.86%), Vitamin B3: 1.32mg (6.61%), Vitamin B5: 0.45mg (4.52%), Vitamin B12: 0.26µg (4.34%), Vitamin E: 0.44mg (2.9%)