



## Quick Creamy Zucchini Soup

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



192 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon basil
- 3 tablespoons butter
- 3 tablespoons flour all-purpose
- 4 servings ground pepper black to taste
- 2 cups warm milk
- 2 tablespoons onion minced
- 0.5 teaspoon salt
- 0.8 cup water

4 cups zucchini shredded

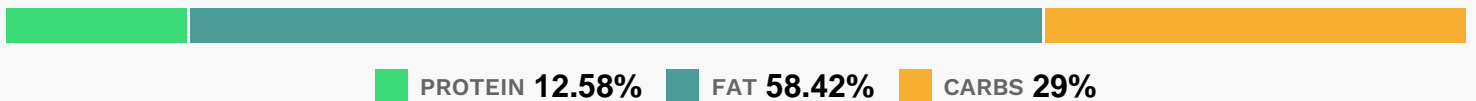
## Equipment

- bowl
- frying pan
- whisk
- pot
- blender

## Directions

- Stir zucchini, water, salt, and basil together in a pot; bring to a boil, reduce heat to medium-low, and simmer until zucchini is tender, about 15 minutes.
- Pour zucchini mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend until smooth. Puree in batches.
- Whisk warm milk, flour, and salt together in a bowl until smooth.
- Melt butter in a skillet over medium heat. Cook and stir onion in melted butter until translucent, 5 to 7 minutes.
- Pour pureed zucchini and milk mixture into the skillet; bring to a boil while stirring continually. Season with pepper.

## Nutrition Facts



## Properties

Glycemic Index:76.75, Glycemic Load:5.78, Inflammation Score:-6, Nutrition Score:10.46565215484%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

## Nutrients (% of daily need)

Calories: 192.29kcal (9.61%), Fat: 12.88g (19.82%), Saturated Fat: 7.78g (48.64%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 12.88g (4.68%), Sugar: 9.2g (10.22%), Cholesterol: 37.22mg (12.4%), Sodium: 417.03mg (18.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Vitamin C: 22.57mg (27.36%), Vitamin B2: 0.32mg (18.7%), Phosphorus: 180.55mg (18.05%), Calcium: 176.39mg (17.64%), Potassium: 523.9mg (14.97%), Vitamin B6: 0.29mg (14.28%), Vitamin A: 709.34IU (14.19%), Manganese: 0.28mg (14.14%), Vitamin B1: 0.17mg (11.41%), Vitamin B12: 0.68µg (11.28%), Folate: 41.34µg (10.34%), Magnesium: 39.54mg (9.88%), Vitamin D: 1.34µg (8.95%), Vitamin B5: 0.75mg (7.52%), Selenium: 4.61µg (6.58%), Zinc: 0.96mg (6.41%), Vitamin K: 6.69µg (6.37%), Fiber: 1.5g (6.01%), Vitamin B3: 1.03mg (5.15%), Copper: 0.09mg (4.28%), Iron: 0.75mg (4.14%), Vitamin E: 0.46mg (3.06%)