



Roast Zucchini Soup with Mint

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



113 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pound baby zucchini cut in quarters lengthwise (6 to 8-inches)
- ☐ 4 cup chicken broth (may substitute vegetable broth)
- ☐ 1 small handful mint leaves whole plus more leaves as garnish cut into thin strips (chiffonade),
- ☐ 2 tablespoon olive oil
- ☐ 2 tablespoon parmesan cheese freshly grated
- ☐ 6 servings salt and pepper as needed
- ☐ 1 pound spring onion sweet such as vidalia or maui, cut into 1-inch chunks

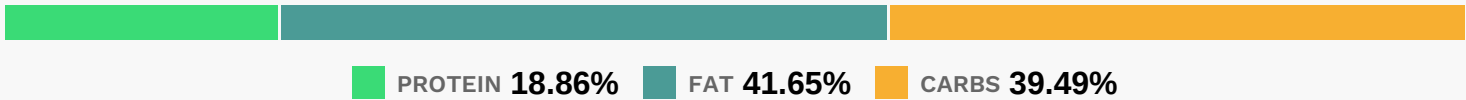
Equipment

- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ immersion blender

Directions

- ☐ Preheat the oven to 375 degrees.
- ☐ Combine the zucchini, onion, oil, salt and pepper to taste in a large shallow roasting pan; toss the vegetables to coat evenly, and spread them in as close to a single layer as possible. Roast for 30 to 35 minutes, turning the spears once, until the vegetables have browned somewhat and are tender.
- ☐ Remove from oven. Toss the mint chiffonade all over the vegetables and cover with aluminum foil and let sit for 25 minutes. Meanwhile, bring the broth to a boil in a medium sized pot over medium-high heat, then reduce the heat to medium-low and add the roasted vegetables. Cook for 10 minutes, adjusting the heat to keep the liquid just below a boil, break the zucchini spears up with a wooden spoon as they cook.
- ☐ Remove the soup from the heat and let it cool slightly. Use an immersion blender to achieve a slightly chunky soup.
- ☐ Add 3 tablespoons of the cheese. Season to taste.
- ☐ Serve warm with a garnish of mint leaves, if desired; or for optimum flavor, refrigerate for no more than 2 days. Reheat to warm and serve– garnished.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:2.05, Inflammation Score:-9, Nutrition Score:18.682608767534%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 112.51kcal (5.63%), Fat: 5.89g (9.06%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 12.56g (4.19%), Net Carbohydrates: 8.88g (3.23%), Sugar: 3.09g (3.44%), Cholesterol: 1.45mg (0.48%), Sodium: 866.56mg (37.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Vitamin K: 159.33µg (151.74%), Vitamin C: 65.98mg (79.98%), Vitamin A: 1871.02IU (37.42%), Potassium: 909.6mg (25.99%), Manganese: 0.43mg (21.35%), Folate: 79.48µg (19.87%), Phosphorus: 179.64mg (17.96%), Magnesium: 66.14mg (16.53%), Fiber: 3.68g (14.73%), Iron: 2.38mg (13.24%), Vitamin B6: 0.26mg (13.15%), Zinc: 1.63mg (10.87%), Copper: 0.21mg (10.62%), Calcium: 102.7mg (10.27%), Vitamin B3: 1.48mg (7.38%), Vitamin E: 1.1mg (7.31%), Vitamin B2: 0.12mg (7.2%), Vitamin B1: 0.11mg (7.07%), Vitamin B5: 0.62mg (6.19%), Selenium: 1.49µg (2.13%)