



## Simple Cucumber Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



3

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon butter to taste
- 2 large cucumbers english peeled thinly sliced
- 1 large clove garlic minced
- 1 tablespoon olive oil
- 3 cups vegetable broth
- 1 small onion yellow chopped
- 2 small zucchinis peeled thinly sliced

### Equipment

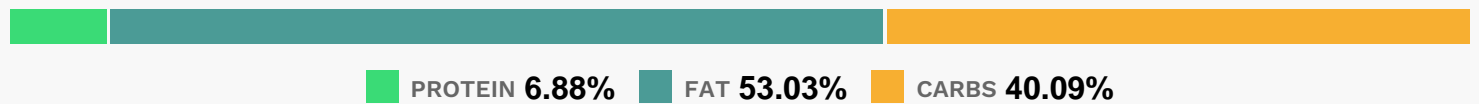
sauce pan

blender

## Directions

- Melt butter with the oil in a large saucepan over medium-high heat. Cook and stir onion and garlic in the butter mixture until tender, 3 to 5 minutes.
- Add cucumber and zucchini slices; cook and stir until softened, 2 to 3 minutes.
- Pour vegetable broth over the mixture; bring to a boil, reduce heat to medium-low, and let simmer until the vegetables are cooked through, 20 to 25 minutes.
- Remove from heat and cool a few minutes.
- Pour soup into a blender no more than half full. Cover and hold lid in place with a towel; pulse a few times before leaving on to blend. Puree in batches until smooth.

## Nutrition Facts



## Properties

Glycemic Index:55.67, Glycemic Load:2.18, Inflammation Score:-7, Nutrition Score:9.6473913037259%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg, Quercetin: 5.35mg

## Nutrients (% of daily need)

Calories: 140.66kcal (7.03%), Fat: 8.95g (13.77%), Saturated Fat: 3.19g (19.96%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 13.02g (4.74%), Sugar: 8.31g (9.23%), Cholesterol: 10.03mg (3.34%), Sodium: 981.5mg (42.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin K: 39.43µg (37.55%), Vitamin C: 21.72mg (26.33%), Vitamin A: 985.06IU (19.7%), Manganese: 0.34mg (17.2%), Potassium: 538.56mg (15.39%), Vitamin B6: 0.25mg (12.44%), Magnesium: 42.84mg (10.71%), Folate: 37.48µg (9.37%), Fiber: 2.2g (8.82%), Vitamin B2: 0.15mg (8.76%), Phosphorus: 87.31mg (8.73%), Vitamin B5: 0.72mg (7.18%), Vitamin B1: 0.1mg (6.82%), Copper: 0.14mg (6.79%), Vitamin E: 0.94mg (6.27%), Calcium: 52.93mg (5.29%), Iron: 0.94mg (5.25%), Zinc: 0.71mg (4.71%), Vitamin B3: 0.59mg (2.93%), Selenium: 1.06µg (1.52%)