



## Spicy Cucumber Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



129 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon ground pepper
- 2 cucumber peeled seeded chopped
- 2 teaspoons curry powder
- 1 teaspoon parsley dried
- 2 teaspoons garlic minced
- 0.5 cup milk
- 2 tablespoons olive oil
- 0.5 onion chopped

- 1 teaspoon pepper red crushed
- 1 teaspoon sesame oil
- 2 tablespoons soya sauce
- 1 cup vegetable stock

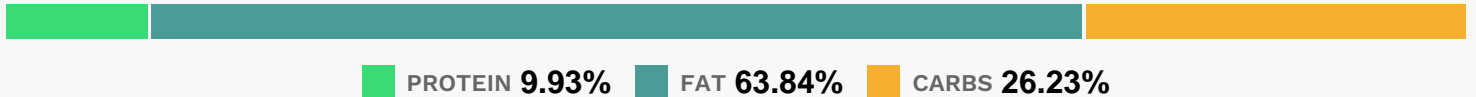
## Equipment

- sauce pan
- blender

## Directions

- Heat the olive oil in a saucepan over medium heat. Stir in the onions and garlic, and cook until the onion is very soft, about 10 minutes. Stir in the cucumber, vegetable broth, and milk. Season with soy sauce, parsley, red pepper flakes, cayenne pepper, curry powder, and sesame oil. Bring to a simmer over medium-high heat, then reduce the heat to medium-low, cover, and simmer 10 minutes more.
- Transfer the hot soup to a blender, and carefully puree until the soup is creamy yet slightly grainy.

## Nutrition Facts



## Properties

Glycemic Index:51.75, Glycemic Load:1.76, Inflammation Score:-6, Nutrition Score:7.1204347403153%

## Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

## Nutrients (% of daily need)

Calories: 129.42kcal (6.47%), Fat: 9.54g (14.68%), Saturated Fat: 1.75g (10.96%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 6.79g (2.47%), Sugar: 4.9g (5.45%), Cholesterol: 3.66mg (1.22%), Sodium: 762.26mg (33.14%),

Alcohol: Og (100%), Protein: 3.34g (6.68%), Vitamin K: 17.59µg (16.75%), Manganese: 0.26mg (13.11%), Vitamin A: 649.6IU (12.99%), Vitamin E: 1.65mg (10.99%), Potassium: 330.91mg (9.45%), Vitamin B6: 0.18mg (9.13%), Phosphorus: 86.85mg (8.69%), Vitamin C: 6.82mg (8.26%), Fiber: 2.04g (8.14%), Magnesium: 31.16mg (7.79%), Calcium: 73.72mg (7.37%), Copper: 0.14mg (7.2%), Folate: 27.53µg (6.88%), Vitamin B2: 0.11mg (6.55%), Iron: 1.06mg (5.91%), Vitamin B1: 0.08mg (5.58%), Vitamin B5: 0.54mg (5.38%), Zinc: 0.54mg (3.57%), Vitamin B3: 0.61mg (3.04%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%), Selenium: 1.4µg (2.01%)