



Spicy Zucchini Soup



Vegetarian



Vegan



Dairy Free



Popular

READY IN



55 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 tablespoons olive oil extra virgin



1 onion finely chopped



0.5 jalapeño chile chopped to taste (, depending on how spicy you would like the soup to be)



3 garlic cloves chopped



2 pounds zucchini chopped (skin on)



1.5 cups day-old bread cooked uncooked chopped (or 1 cup rice or or potatoes)



3 cups chicken broth for vegetarian or vegan option (use vegetable broth)



1 cup water

- ☐ 0.5 cup mint leaves fresh loosely packed chopped (spearmint)
- ☐ 0.5 cup cilantro leaves fresh loosely packed chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 4 servings salt to taste
- ☐ 4 servings bell pepper to taste
- ☐ 4 servings lemon wedges (for garnish)

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ immersion blender

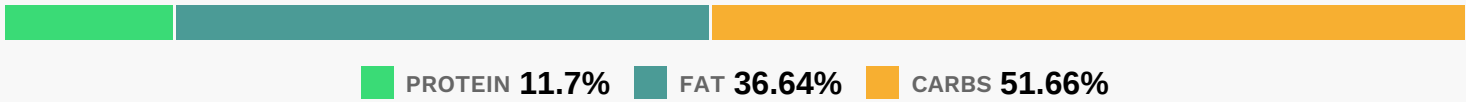
Directions

- ☐ Heat the olive oil in a large pot over medium-high heat.
- ☐ Add the onion and the chopped jalapeño, and sauté for 4 to 5 minutes until the onions are translucent, but not browned.
- ☐ Cook the garlic and zucchini.
- ☐ Add the garlic and zucchini to the pan and sauté for another 3 to 4 minutes, stirring often.
- ☐ Sprinkle with salt.
- ☐ Add the bread, broth, and water, and bring to a simmer. Reduce the heat to low and simmer gently for 20 minutes. (Note: If you're using uncooked potatoes instead, you may need to simmer a little longer, depending on what kind of potatoes you use.)
- ☐ Remove the soup from the heat.
- ☐ Add the mint and cilantro (if using). Purée in a blender or food processor until smooth, working in batches if necessary. (You can also use an immersion blender.)
- ☐ Add lemon juice, salt, pepper: Return the soup to the pot.
- ☐ Add the lemon juice, along with salt and pepper to taste.
- ☐ Garnish with lemon wedges and sprigs of mint or cilantro.

☐

Serve hot or chilled. Keeps for up to a week in the fridge.

Nutrition Facts



Properties

Glycemic Index:74.29, Glycemic Load:26.13, Inflammation Score:-10, Nutrition Score:31.859130652054%

Flavonoids

Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 453.69kcal (22.68%), Fat: 19.09g (29.36%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 60.55g (20.18%), Net Carbohydrates: 52.06g (18.93%), Sugar: 16.75g (18.61%), Cholesterol: 0mg (0%), Sodium: 1347.04mg (58.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Vitamin C: 144.77mg (175.48%), Manganese: 1.69mg (84.65%), Vitamin A: 3557.27IU (71.15%), Folate: 178.14µg (44.54%), Vitamin B6: 0.77mg (38.27%), Selenium: 26.57µg (37.96%), Vitamin B1: 0.53mg (35.45%), Vitamin B3: 6.9mg (34.52%), Fiber: 8.49g (33.95%), Vitamin K: 32.85µg (31.29%), Vitamin B2: 0.53mg (31.18%), Potassium: 974.3mg (27.84%), Iron: 4.86mg (27.02%), Vitamin E: 3.76mg (25.06%), Magnesium: 95.56mg (23.89%), Phosphorus: 237.3mg (23.73%), Calcium: 180.46mg (18.05%), Copper: 0.32mg (15.79%), Vitamin B5: 1.51mg (15.15%), Zinc: 1.99mg (13.27%)