



Summer Day Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bell pepper chopped
- ☐ 1.5 cups cucumber peeled seeded chopped
- ☐ 1 teaspoon basil dried
- ☐ 0.5 teaspoon tarragon dried
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin

- ☐ 1 teaspoon honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon oregano dried
- ☐ 1.5 cups onion sweet chopped
- ☐ 2 tablespoons tarragon vinegar
- ☐ 2 cups tomatoes chopped
- ☐ 4 cups vegetable juice chilled

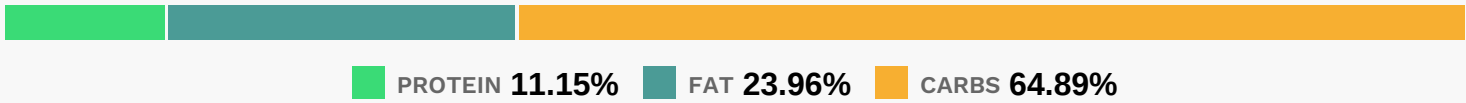
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Combine all ingredients in a large bowl.
- ☐ Place 4 cups vegetable mixture in a blender or food processor, and process until smooth. Return pureed vegetable mixture to bowl, stirring to combine. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:46.53, Glycemic Load:2.9, Inflammation Score:-9, Nutrition Score:10.95782618419%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg

Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 73.01kcal (3.65%), Fat: 2.01g (3.08%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 9.77g (3.55%), Sugar: 8.5g (9.44%), Cholesterol: 0mg (0%), Sodium: 216.57mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin C: 72.38mg (87.73%), Vitamin A: 2075.68IU (41.51%), Vitamin K: 40.11µg (38.2%), Potassium: 461.89mg (13.2%), Fiber: 2.45g (9.78%), Vitamin B6: 0.16mg (7.78%), Manganese: 0.15mg (7.57%), Folate: 29.45µg (7.36%), Iron: 1.04mg (5.8%), Vitamin E: 0.82mg (5.44%), Calcium: 44.69mg (4.47%), Magnesium: 15.45mg (3.86%), Copper: 0.07mg (3.56%), Vitamin B1: 0.05mg (3.32%), Phosphorus: 31.51mg (3.15%), Vitamin B3: 0.52mg (2.58%), Vitamin B2: 0.04mg (2.53%), Vitamin B5: 0.21mg (2.05%), Zinc: 0.25mg (1.64%)