



Turkish Walnut Soup

 Vegetarian  Gluten Free

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

276 kcal

- SOUP
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 3 cloves garlic chopped
- ☐ 1 pinch ground cinnamon
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 2 orange zest juiced
- ☐ 0.5 cup yogurt plain
- ☐ 3 shallots chopped

- ☐ 4 cups vegetable stock
- ☐ 1 cup walnuts shelled

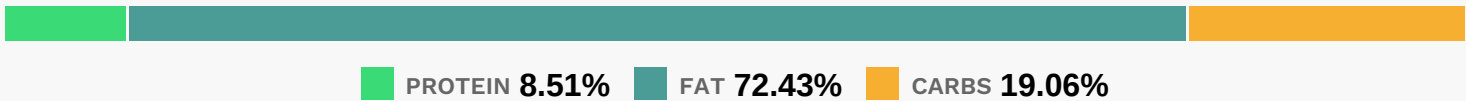
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ cutting board

Directions

- ☐ Roast the walnuts in a dry frying pan over medium heat, stirring frequently, until golden brown and fragrant.
- ☐ Remove the pan from the heat, and pour walnuts onto a cutting board to cool slightly; coarsely chop the nuts.
- ☐ Heat the olive oil in a saucepan over medium heat. Stir in the shallots and garlic; cook and stir until the shallots have softened and turned translucent, about 3 minutes.
- ☐ Add the chopped walnuts, orange zest, orange juice, and cinnamon, and boil for 1 minute.
- ☐ Puree the mixture in a blender or food processor with 1 cup of vegetable stock. Return the soup to the saucepan and pour in the remaining 3 cups of vegetable stock.
- ☐ Bring to a boil; reduce the heat and simmer for 4 to 5 minutes.
- ☐ Remove from heat; stir in the yogurt, and season with salt and black pepper to taste.
- ☐ Garnish with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:3.02, Inflammation Score:-6, Nutrition Score:10.532173978894%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 275.94kcal (13.8%), Fat: 23.62g (36.33%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 10.66g (3.87%), Sugar: 5.7g (6.33%), Cholesterol: 3.98mg (1.33%), Sodium: 958.04mg (41.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.49%), Manganese: 1.12mg (55.9%), Copper: 0.5mg (25.02%), Phosphorus: 146.92mg (14.69%), Magnesium: 56.17mg (14.04%), Vitamin B6: 0.27mg (13.59%), Vitamin C: 11.17mg (13.54%), Fiber: 3.32g (13.29%), Vitamin A: 631.05IU (12.62%), Folate: 39.69µg (9.92%), Vitamin B1: 0.13mg (8.82%), Calcium: 88.04mg (8.8%), Zinc: 1.21mg (8.05%), Potassium: 267.62mg (7.65%), Iron: 1.23mg (6.83%), Vitamin K: 6.43µg (6.12%), Vitamin B2: 0.1mg (5.93%), Vitamin E: 0.78mg (5.19%), Vitamin B5: 0.39mg (3.9%), Selenium: 2.73µg (3.9%), Vitamin B3: 0.47mg (2.35%), Vitamin B12: 0.11µg (1.89%)