



Zesty Thai Cucumber Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



75 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 cups chicken broth
- ☐ 3 cucumbers diced peeled
- ☐ 0.5 cup green onion chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon sugar white

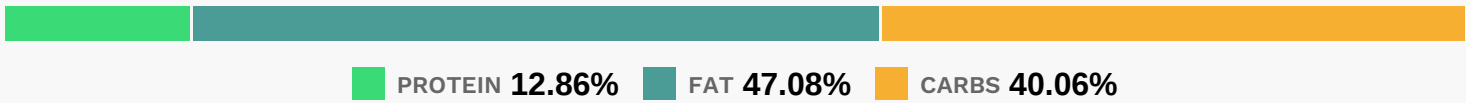
Equipment

☐ pot

Directions

- ☐ Heat vegetable oil in a soup pot over medium heat; cook and stir cucumbers until softened, about 5 minutes. Cook and stir green onions with cucumbers until green onions are softened, about 5 more minutes.
- ☐ Pour in chicken broth and lemon juice. Stir in sugar and bring soup to a boil.
- ☐ Reduce heat to low, cover soup, and simmer until vegetables are tender, about 20 minutes. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:1.39, Inflammation Score:-4, Nutrition Score:7.8230434811634%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 75.21kcal (3.76%), Fat: 4.11g (6.33%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 5.93g (2.16%), Sugar: 5.17g (5.74%), Cholesterol: 2.94mg (0.98%), Sodium: 551.49mg (23.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin K: 48.49µg (46.18%), Vitamin C: 11.73mg (14.21%), Manganese: 0.27mg (13.26%), Potassium: 374.08mg (10.69%), Folate: 40.64µg (10.16%), Copper: 0.19mg (9.72%), Vitamin B2: 0.15mg (9.07%), Magnesium: 31.48mg (7.87%), Fiber: 1.94g (7.77%), Vitamin B1: 0.11mg (7.26%), Vitamin B6: 0.13mg (6.26%), Phosphorus: 58.36mg (5.84%), Vitamin A: 290.45IU (5.81%), Vitamin B5: 0.57mg (5.71%), Calcium: 47.17mg (4.72%), Iron: 0.8mg (4.43%), Zinc: 0.54mg (3.59%), Vitamin E: 0.48mg (3.22%), Vitamin B3: 0.48mg (2.38%), Selenium: 0.9µg (1.29%)