



Zucchini and Avocado Soup with Cucumber Salsa

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



96 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup avocado diced peeled (1 medium)
- ☐ 1.3 cups cucumber diced peeled seeded (1 large)
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 cup green onions divided thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 3 tablespoons juice of lime fresh divided
- ☐ 0.8 cup buttermilk low-fat

- ☐ 0.5 teaspoon salt divided
- ☐ 14 ounce vegetable broth canned (such as Swanson)
- ☐ 3 cups zucchini chopped (2 medium)

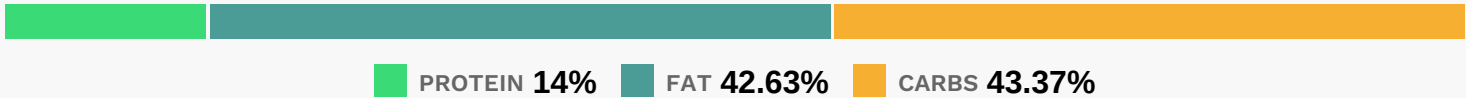
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine zucchini, 1/4 cup green onions, and broth in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 5 to 7 minutes or until zucchini is tender.
- ☐ Remove from heat; cool 30 minutes.
- ☐ While zucchini mixture cools, combine remaining 1/4 cup green onions, cucumber, cilantro, 1 tablespoon lime juice, and 1/4 teaspoon salt in a small bowl; toss well. Cover and chill.
- ☐ Place remaining 2 tablespoons lime juice, remaining 1/4 teaspoon salt, zucchini mixture, avocado, buttermilk, and cumin in a blender, and process until mixture is smooth. Cover and chill at least 2 hours.
- ☐ Pour soup into bowls, and top with cucumber salsa.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1.35, Inflammation Score:-6, Nutrition Score:10.59608695818%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin:

1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 96.06kcal (4.8%), Fat: 5.04g (7.75%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 8.05g (2.93%), Sugar: 6.57g (7.3%), Cholesterol: 1.8mg (0.6%), Sodium: 766.9mg (33.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Vitamin K: 39.2µg (37.34%), Vitamin C: 27mg (32.73%), Potassium: 554.09mg (15.83%), Folate: 62.37µg (15.59%), Fiber: 3.49g (13.96%), Vitamin B6: 0.27mg (13.65%), Manganese: 0.26mg (13.16%), Vitamin B2: 0.22mg (12.7%), Vitamin A: 628.07IU (12.56%), Phosphorus: 105.61mg (10.56%), Magnesium: 38.72mg (9.68%), Calcium: 88.26mg (8.83%), Vitamin B5: 0.83mg (8.28%), Copper: 0.15mg (7.61%), Vitamin B1: 0.1mg (6.63%), Vitamin E: 0.83mg (5.53%), Zinc: 0.8mg (5.35%), Vitamin B3: 1.04mg (5.19%), Iron: 0.89mg (4.97%), Selenium: 1.33µg (1.91%), Vitamin B12: 0.1µg (1.65%)