



Zucchini and Spinach Soup

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounce baby spinach
- 1.5 cups cilantro leaves coarsely chopped
- 4 cups chicken broth ()
- 0.3 cup olive oil
- 2 medium onion chopped
- 12 ounce baking potatoes peeled thinly sliced
- 1.5 pounds zucchini trimmed cut into 1/2-inch-thick rounds

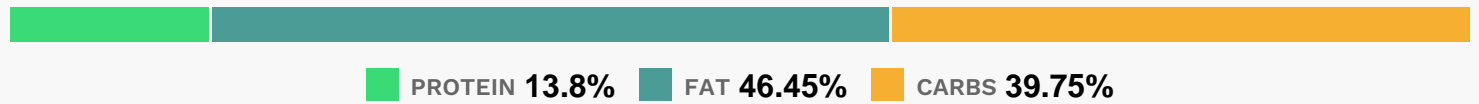
Equipment

- pot
- blender

Directions

- Heat oil in large pot over medium heat.
- Add onions; sauté until soft, about 8 minutes.
- Add zucchini and potato; stir to coat.
- Add 4 cups broth and bring soup to boil. Reduce heat to medium-low, cover, and simmer until potato is soft, about 15 minutes. Working in batches, puree soup in blender until smooth, adding some spinach and cilantro to each batch. Return puree to same pot. Thin with more broth by 1/4 cupfuls, if desired. Season soup with salt and pepper. (Can be made 1 day ahead. Chill until cold, then cover and keep refrigerated. Rewarm soup before serving.)

Nutrition Facts



Properties

Glycemic Index:23.84, Glycemic Load:6.99, Inflammation Score:-9, Nutrition Score:16.019565229831%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 143.18kcal (7.16%), Fat: 7.89g (12.14%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 12.77g (4.64%), Sugar: 3.82g (4.25%), Cholesterol: 0mg (0%), Sodium: 63.74mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.55%), Vitamin K: 120.59µg (114.85%), Vitamin A: 2367.26IU (47.35%), Vitamin C: 26.47mg (32.08%), Manganese: 0.46mg (22.81%), Potassium: 675.27mg (19.29%), Vitamin B6: 0.38mg (18.8%), Folate: 74.7µg (18.67%), Vitamin B3: 2.66mg (13.3%), Magnesium: 46.6mg (11.65%), Phosphorus: 110.94mg (11.09%), Vitamin B2: 0.18mg (10.7%), Vitamin E: 1.59mg (10.6%), Copper: 0.19mg (9.71%), Fiber: 2.42g (9.69%), Iron: 1.65mg (9.18%), Vitamin B1: 0.1mg (6.96%), Calcium: 53.31mg (5.33%), Zinc: 0.69mg (4.59%), Vitamin B5: 0.37mg (3.66%), Vitamin B12: 0.12µg (1.97%), Selenium: 0.72µg (1.02%)