



Zucchini-Basil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



115 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup basil leaves packed
- ☐ 2 garlic cloves chopped
- ☐ 0.3 cup olive oil
- ☐ 0.8 cup onion chopped
- ☐ 4 cups water divided
- ☐ 2 pounds zucchini trimmed

Equipment

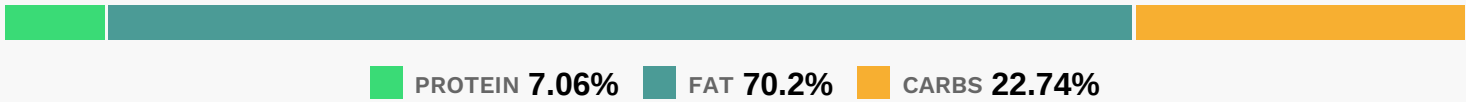
- ☐ bowl

- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Julienne skin (only) from half of zucchini with slicer; toss with 1/2 teaspoon salt and drain in a sieve until wilted, at least 20 minutes. Coarsely chop remaining zucchini.
- ☐ Cook onion and garlic in oil in a 3- to 4-quarts heavy saucepan over medium-low heat, stirring occasionally, until softened, about 5 minutes.
- ☐ Add chopped zucchini and 1 teaspoon salt and cook, stirring occasionally, 5 minutes.
- ☐ Add 3 cups water and simmer, partially covered, until tender, about 15 minutes. Purée soup with basil in 2 batches in a blender (use caution when blending hot liquids).
- ☐ Bring remaining cup water to a boil in a small saucepan and blanch julienned zucchini 1 minute.
- ☐ Drain in a sieve set over a bowl (use liquid to thin soup if necessary).
- ☐ Season soup with salt and pepper.
- ☐ Serve in shallow bowls with julienned zucchini mounded on top.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:8.0017391391422%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 115.06kcal (5.75%), Fat: 9.52g (14.64%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 5.04g (1.83%), Sugar: 4.64g (5.16%), Cholesterol: 0mg (0%), Sodium: 21.19mg (0.92%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.16g (4.31%), Vitamin C: 29.1mg (35.27%), Vitamin K: 17.55µg (16.71%), Manganese: 0.33mg (16.27%), Vitamin B6: 0.28mg (14.25%), Potassium: 431.86mg (12.34%), Folate: 41.02µg (10.26%), Vitamin E: 1.49mg (9.95%), Vitamin B2: 0.15mg (8.8%), Magnesium: 31.9mg (7.97%), Fiber: 1.89g (7.58%), Vitamin A: 373.22IU (7.46%), Phosphorus: 65.53mg (6.55%), Copper: 0.12mg (6.06%), Vitamin B1: 0.08mg (5.31%), Iron: 0.71mg (3.95%), Calcium: 37.78mg (3.78%), Zinc: 0.56mg (3.71%), Vitamin B3: 0.72mg (3.62%), Vitamin B5: 0.34mg (3.42%)