



Zucchini-Buttermilk Soup with Watercress Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



67 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery chopped
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 1 cup nonfat buttermilk fat-free
- ☐ 14 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.5 cup leek chopped
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 2 tablespoons parmesan fresh grated
- ☐ 1 tablespoon pinenuts
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoons water
- ☐ 0.5 cup watercress
- ☐ 1.3 pounds zucchini chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ To prepare the soup, heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add leek and celery; saut 4 minutes.
- ☐ Add zucchini; saut 5 minutes.
- ☐ Add broth; bring to a boil. Partially cover, reduce heat, and simmer 20 minutes or until zucchini is very tender.
- ☐ Remove from heat, and cool slightly.
- ☐ Place half of zucchini mixture in a blender; process until smooth.
- ☐ Pour into a medium bowl. Repeat procedure with remaining zucchini mixture. Stir in buttermilk, salt, and pepper.
- ☐ To prepare pesto, place watercress and remaining ingredients in blender; process until smooth (add more water if necessary).
- ☐ Drizzle pesto over the soup.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:0.66, Inflammation Score:-5, Nutrition Score:7.1404347547694%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 67.06kcal (3.35%), Fat: 3.03g (4.67%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 5.69g (2.07%), Sugar: 4.98g (5.53%), Cholesterol: 1.92mg (0.64%), Sodium: 544.47mg (23.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.11%), Vitamin C: 20.74mg (25.14%), Manganese: 0.38mg (19.21%), Vitamin K: 18.76µg (17.87%), Vitamin B6: 0.19mg (9.75%), Potassium: 326.28mg (9.32%), Vitamin A: 454.94IU (9.1%), Folate: 32.57µg (8.14%), Vitamin B2: 0.12mg (7.23%), Phosphorus: 70.98mg (7.1%), Magnesium: 26.51mg (6.63%), Calcium: 54.76mg (5.48%), Fiber: 1.32g (5.27%), Copper: 0.1mg (5.06%), Vitamin B3: 0.94mg (4.69%), Vitamin B1: 0.06mg (4.22%), Iron: 0.74mg (4.13%), Vitamin E: 0.54mg (3.6%), Zinc: 0.49mg (3.3%), Vitamin B5: 0.33mg (3.29%), Selenium: 2.17µg (3.1%), Vitamin B12: 0.15µg (2.54%)