



Zucchini Soup

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



56 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 celery stalks sliced
- 26 oz chicken broth canned
- 1 large clove garlic minced
- 1 cup half-and-half
- 0.3 cup minute tapioca
- 1 medium onion sliced
- 0.1 tsp pepper
- 0.8 tsp salt

- 1 cup water
- 4 cups zucchini coarsely chopped

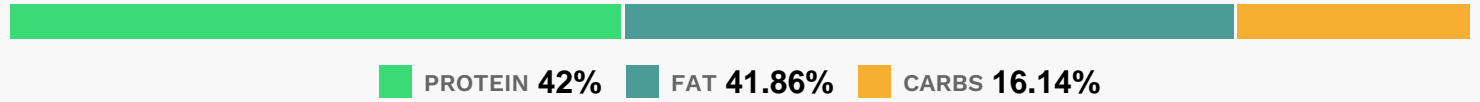
Equipment

- sauce pan
- blender

Directions

- Mix all ingredients except half-and-half in large saucepan.
- Let stand 5 minutes.
- Bring to full boil on medium heat, stirring occasionally. Reduce heat to low; cook 10 minutes, stirring occasionally. Cool to room temperature.
- Place, in batches, in blender container; cover. Blend until smooth. Return to saucepan. Stir in half-and-half. Reheat to serve warm or refrigerate in tightly covered container to serve chilled.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.1039130590532%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 55.67kcal (2.78%), Fat: 2.55g (3.92%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 2.01g (0.73%), Sugar: 0.78g (0.86%), Cholesterol: 12.95mg (4.32%), Sodium: 157.35mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Selenium: 4.15µg (5.93%), Phosphorus: 45.28mg (4.53%), Zinc: 0.61mg (4.04%), Vitamin B12: 0.22µg (3.73%), Vitamin B6: 0.07mg (3.58%), Vitamin C: 2.87mg (3.47%), Vitamin B3: 0.58mg (2.91%), Vitamin B2: 0.05mg (2.88%), Potassium: 83.97mg (2.4%), Magnesium: 7.69mg (1.92%), Iron: 0.34mg (1.88%), Vitamin A: 91.23IU (1.82%), Manganese: 0.03mg (1.6%), Calcium: 13.85mg (1.38%),

Vitamin K: 1.28µg (1.22%), Folate: 4.71µg (1.18%), Copper: 0.02mg (1.07%)