



Zucchini Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



147 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 oz .5 can cannellini beans rinsed drained canned
- ☐ 1 cup celery chopped
- ☐ 3 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon seasoned pepper
- ☐ 14 servings garnishes: radishes crumbled thinly sliced
- ☐ 1 teaspoon salt

☐ 1.5 pounds zucchini cut into 1/4-inch pieces 5 cups

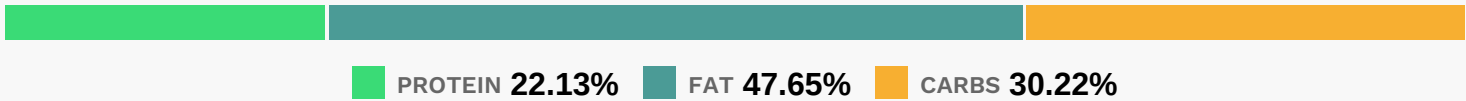
Equipment

- ☐ food processor
- ☐ blender
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Saut chopped celery and onion in hot olive oil in a Dutch oven over medium-high heat 8 minutes or until tender.
- ☐ Add zucchini and next 4 ingredients. Bring to a boil over medium heat; reduce heat to low, and simmer 10 minutes or until zucchini is tender.
- ☐ Remove from heat, and let stand 20 minutes.
- ☐ Process soup, in batches, in a blender or food processor 30 seconds or until smooth. Return soup to Dutch oven, and cook over medium heat 5 minutes or until thoroughly heated.
- ☐ Garnish, if desired.
- ☐ Note: You can also process soup with a handheld immersion blender directly in Dutch oven.

Nutrition Facts



Properties

Glycemic Index:11.71, Glycemic Load:2.39, Inflammation Score:-4, Nutrition Score:9.1452173901641%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 147.3kcal (7.36%), Fat: 8.03g (12.35%), Saturated Fat: 4.29g (26.83%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 9.1g (3.31%), Sugar: 1.96g (2.17%), Cholesterol: 26.7mg (8.9%), Sodium: 535.04mg (23.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.78%), Vitamin B2: 0.33mg (19.61%), Calcium: 187.14mg (18.71%), Phosphorus: 169.32mg (16.93%), Manganese: 0.29mg (14.42%), Vitamin B6: 0.25mg (12.75%), Vitamin C: 9.77mg (11.84%), Folate: 47.1µg (11.77%), Potassium: 371.99mg (10.63%), Zinc: 1.46mg (9.75%), Fiber: 2.36g (9.44%), Vitamin B12: 0.56µg (9.29%), Magnesium: 33.48mg (8.37%), Iron: 1.5mg (8.33%), Selenium: 5.2µg (7.43%), Copper: 0.14mg (7.2%), Vitamin B1: 0.11mg (7.07%), Vitamin B3: 1.28mg (6.41%), Vitamin K: 6.39µg (6.09%), Vitamin A: 256.61IU (5.13%), Vitamin B5: 0.48mg (4.81%), Vitamin E: 0.53mg (3.56%)