



Zucchini Soup with Curry Spices

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



92 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings pepper black freshly ground to taste
- 1 tablespoon butter
- 0.3 teaspoon cayenne pepper
- 4 cinnamon sticks
- 0.3 cup cilantro leaves fresh chopped
- 1 inch ginger fresh grated
- 0.3 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon

- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.5 teaspoon ground turmeric
- 1 teaspoon mustard seeds
- 1 large onion finely chopped
- 4 servings sea salt to taste
- 1 cup vegetable stock
- 1.5 pounds zucchini sliced

Equipment

- bowl
- sauce pan
- blender

Directions

- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil.
- Add zucchini, cover, and steam until slightly tender, 5 to 6 minutes.
- Heat butter in a saucepan over medium heat; cook and stir onion in the melted butter until tender and translucent, 5 to 10 minutes.
- Mix grated ginger, cumin, coriander, mustard seeds, ground cinnamon, turmeric, cardamom, cayenne pepper, sea salt, and black pepper in a small bowl.
- Mix spice mixture into onions until coated.
- Mix zucchini into onion mixture; cook and stir until heated through, 2 to 3 minutes.
- Pour vegetable stock over zucchini mixture; stir well. Simmer until vegetables are tender, 8 to 10 minutes.
- Pour zucchini mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth.
- Pour soup into 4 serving bowls; garnish each bowl with 1 tablespoon cilantro and 1 cinnamon stick.

Nutrition Facts

PROTEIN 11.89% FAT 34.55% CARBS 53.56%

Properties

Glycemic Index:68.25, Glycemic Load:1.79, Inflammation Score:-9, Nutrition Score:11.905217475541%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg, Quercetin: 9.26mg

Nutrients (% of daily need)

Calories: 91.94kcal (4.6%), Fat: 4.02g (6.18%), Saturated Fat: 2.02g (12.6%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 9.11g (3.31%), Sugar: 6.55g (7.27%), Cholesterol: 7.53mg (2.51%), Sodium: 468.75mg (20.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Manganese: 1.13mg (56.38%), Vitamin C: 34.11mg (41.34%), Fiber: 4.89g (19.57%), Vitamin B6: 0.35mg (17.29%), Potassium: 560.59mg (16.02%), Vitamin A: 691.23IU (13.82%), Folate: 50.6µg (12.65%), Vitamin K: 12.35µg (11.76%), Magnesium: 45.09mg (11.27%), Vitamin B2: 0.18mg (10.71%), Iron: 1.67mg (9.3%), Phosphorus: 91.99mg (9.2%), Calcium: 87.08mg (8.71%), Vitamin B1: 0.11mg (7.16%), Copper: 0.14mg (7.08%), Zinc: 0.81mg (5.39%), Vitamin B3: 0.98mg (4.91%), Vitamin B5: 0.43mg (4.27%), Selenium: 2.45µg (3.49%), Vitamin E: 0.51mg (3.4%)