



## Zucchini Soup with Herbs

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



177 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup chicken broth
- 1 tablespoon savoury dried
- 1 tablespoon basil fresh
- 1 tablespoon basil fresh
- 1 tablespoon parsley fresh chopped
- 1 tablespoon tarragon fresh chopped
- 4 tablespoons butter
- 1 cup milk

- 1 onion chopped
- 2 large potatoes peeled chopped
- 10 cups zucchini

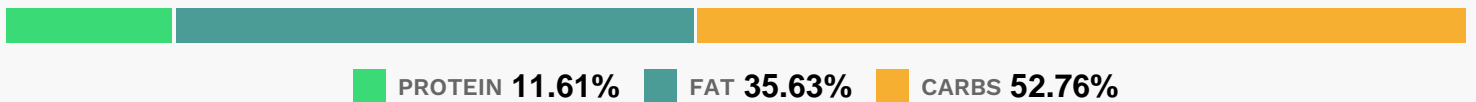
## Equipment

- frying pan
- sauce pan

## Directions

- Heat the butter in a large saucepan.
- Add the zucchini, potatoes and onion. Cover and cook for 2 minutes on high heat, shaking pan occasionally to prevent sticking on bottom.
- Add chicken broth. Lower heat to medium low. Simmer until potatoes are tender, about 15 to 20 minutes.
- Add the freshly chopped herbs and milk.
- Heat.
- Serve hot with a spoonful of sour cream on top of each serving.

## Nutrition Facts



## Properties

Glycemic Index:50.72, Glycemic Load:13.38, Inflammation Score:-7, Nutrition Score:14.073043429333%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

## Nutrients (% of daily need)

Calories: 176.83kcal (8.84%), Fat: 7.35g (11.31%), Saturated Fat: 1.93g (12.03%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 20.48g (7.45%), Sugar: 6.78g (7.53%), Cholesterol: 4.25mg (1.42%), Sodium: 205.97mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Vitamin C: 48.27mg (58.51%), Vitamin B6: 0.59mg (29.37%), Manganese: 0.54mg (26.97%), Potassium: 900.27mg (25.72%), Vitamin K: 18.84µg (17.94%), Fiber: 4.02g (16.07%), Phosphorus: 152.72mg (15.27%), Vitamin B2: 0.25mg (14.91%), Magnesium: 59.21mg (14.8%), Vitamin A: 730.58IU (14.61%), Folate: 58.14µg (14.53%), Vitamin B1: 0.18mg (11.84%), Copper: 0.2mg (10.13%), Iron: 1.77mg (9.81%), Calcium: 96.69mg (9.67%), Vitamin B3: 1.88mg (9.42%), Vitamin B5: 0.73mg (7.32%), Zinc: 0.99mg (6.58%), Vitamin E: 0.45mg (3%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.34µg (2.24%), Selenium: 1.4µg (2.01%)