



Zucchini Tomato Soup II



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



10

CALORIES



52 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups chicken broth
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon parsley dried
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 teaspoons juice of lemon
- ☐ 2 onions chopped
- ☐ 0.5 teaspoon oregano dried

- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 2 teaspoons salt
- ☐ 10 servings salt and pepper to taste
- ☐ 1 large tomatoes chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon sugar white
- ☐ 0.3 teaspoon worcestershire sauce
- ☐ 1 pound zucchini sliced

Equipment

- ☐ food processor
- ☐ pot
- ☐ blender
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ In a large colander, sprinkle salt over zucchini slices.
- ☐ Let stand 30 minutes to drain then pat dry.
- ☐ In a stockpot, heat vegetable oil over medium high heat.
- ☐ Sautee zucchini onion and garlic in the hot oil for about 10 minutes or until onions are translucent. Stir in the chicken broth and tomato; simmer for 20 minutes.
- ☐ Remove the vegetables from the broth using a slotted spoon and puree them in a blender or food processor.
- ☐ Return the pureed vegetables to the stockpot and stir in the lemon juice, sugar, oregano, basil, parsley and nutmeg. Season with Worcestershire sauce, hot pepper sauce and salt and pepper to taste. Simmer for an additional 5 minutes.

Nutrition Facts



 **PROTEIN 11.64%**  **FAT 50.96%**  **CARBS 37.4%**

Properties

Glycemic Index:25.51, Glycemic Load:0.99, Inflammation Score:-4, Nutrition Score:4.2278260459071%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 52.14kcal (2.61%), Fat: 3.15g (4.85%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.07g (1.48%), Sugar: 3.22g (3.57%), Cholesterol: 1.88mg (0.63%), Sodium: 1017.85mg (44.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin C: 12.92mg (15.66%), Manganese: 0.2mg (9.82%), Vitamin K: 10.04µg (9.56%), Vitamin B2: 0.11mg (6.46%), Potassium: 218.37mg (6.24%), Vitamin B6: 0.12mg (6.24%), Vitamin A: 247.26IU (4.95%), Folate: 18.47µg (4.62%), Fiber: 1.13g (4.54%), Vitamin B1: 0.06mg (3.93%), Magnesium: 14.3mg (3.57%), Phosphorus: 33.26mg (3.33%), Copper: 0.06mg (3.12%), Vitamin E: 0.44mg (2.96%), Vitamin B3: 0.56mg (2.79%), Iron: 0.44mg (2.44%), Calcium: 22.49mg (2.25%), Zinc: 0.3mg (1.98%), Vitamin B5: 0.15mg (1.51%)