

Chilled Zucchini Soup

Whitney Otawka - Athens, GA
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Yield: 6 1/2 cups

1/2 cup sweet onion, diced
1/2 cup fennel bulb, diced
3 cloves garlic, sliced
1 tablespoon hot olive oil
5 cups (about 2.5 pounds) zucchini, diced
2 cups organic vegetable broth
1 cup water
1/2 cup whole buttermilk
2 teaspoons Kosher salt
2 teaspoons champagne vinegar
1 teaspoon lemon zest
1 teaspoon fresh lemon juice

In a large Dutch oven over medium-high heat, saute' the onion, fennel and garlic in hot olive oil for 5 minutes. Add the zucchini and saute' for 3 minutes.

Stir in the vegetable broth and water. Bring to a simmer. Cook for 15 minutes or until the vegetables are tender. Remove from the heat.

Process with a hand-held blender for 4 minutes or until smooth.

Stir in the buttermilk, Kosher salt, vinegar, lemon zest and lemon juice. Let stand at room temperature for 15 minutes.

Cover and chill for two hours or up to two days.

Per Serving (excluding unknown items): 197 Calories; 2g Fat (6.1% calories from fat); 13g Protein; 42g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 3823mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Vegetable; 0 Fruit.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	197	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	6.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	71.3%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	22.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	2g	Folacin (mcg):	245mcg
Saturated Fat (g):	trace	Niacin (mg):	4mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	42g
Dietary Fiber (g):	15g
Protein (g):	13g
Sodium (mg):	3823mg
Potassium (mg):	2781mg
Calcium (mg):	208mg
Iron (mg):	5mg
Zinc (mg):	2mg
Vitamin C (mg):	106mg
Vitamin A (i.u.):	3392IU
Vitamin A (r.e.):	339RE

Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	6 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	197	Calories from Fat: 12
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% Daily Values*

Total Fat	2g	2%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	3823mg	159%
Total Carbohydrates	42g	14%
Dietary Fiber	15g	60%
Protein	13g	
Vitamin A		68%
Vitamin C		177%
Calcium		21%
Iron		27%

* Percent Daily Values are based on a 2000 calorie diet.