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## Zucchini, Potato, and Cilantro Soup

This zucchini, potato, and cilantro soup is a delicious and comforting vegetarian dish. It is made with fresh zucchini, potatoes, and cilantro, and is perfect for a cozy lunch or dinner. The soup is creamy and flavorful, with a hint of cilantro that adds a refreshing touch. It is easy to make and can be enjoyed by everyone.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

300 g	zucchini
200 g	potato
50 g	Cilantro
1000 ml	vegetable broth

<b>100 g</b>	onion
<b>2 cloves</b>	garlic
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper

## Directions

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### Step 1

Stove

Heat olive oil in a large pot over medium heat. Add the onion and garlic and cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 2

Stove

Add the zucchini and potato to the pot and cook for another 5 minutes, stirring occasionally.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Stove

Pour in the vegetable broth and bring to a boil. Reduce heat and let simmer for 15-20 minutes, or until the vegetables are tender.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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### Step 4

Blender

Remove the pot from heat and let cool slightly. Use an immersion blender or a regular blender to puree the soup until smooth.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

Season with salt and black pepper to taste. Serve hot, garnished with fresh cilantro leaves.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 4 g

**Protein:** 5 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	700 mg	20.59%	26.92%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
Game Day

### Meal Type

Lunch Snack Supper

### Difficulty Level

Medium

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