

# Cold Mexican Cucumber Soup

Yield: 9 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cucumber-soup-recipe>

## Ingredients:

- 4 cucumbers medium, reserving some for garnish, optional
- 1/2 teaspoon kosher salt
- 1 1/2 cups sour cream
- 1 cup greek yogurt full fat
- 3 tablespoons red onion chopped, plus more for garnish
- 1 tablespoon chopped garlic
- 2 tablespoons jalapeno chopped, no seeds
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 cup fresh cilantro
- 1/2 teaspoon sea salt
- 1/2 teaspoon white pepper

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 25 milligrams
4. Fat: 9 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 5 grams
8. Sodium: 310 milligrams
9. Sugar: 6 grams

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