

Chilled Cucumber Soup

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 2 cucumbers large seedless, European, peeled; 1/2 cup diced small, the rest coarsely chopped
- 1 1/2 cups vanilla flavored Greek or regular yogurt
- 3 tablespoons fresh lemon juice
- 1 garlic clove peeled
- 1/3 cup dill weed loosely packed fresh
- 1/4 cup flat leaf parsley leaves loosely packed fresh
- 2 tablespoons tarragon leaves loosely packed, about 10 leaves
- 1/4 cup extra-virgin olive oil plus more for drizzling
- 1/4 teaspoon kosher salt or to taste
- 1/2 red onion finely diced

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 20 grams
3. Fat: 14 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 2 grams
7. Sodium: 170 milligrams
8. Sugar: 14 grams

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