

Spinach and Zucchini Soup

Yield: 6 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-zucchini-soup-recipe>

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2 cloves garlic chopped
- 2 onions medium, roughly chopped
- 1 pinch salt
- 2 1/2 cups potatoes 2 medium cut into 1/2-inch cubes
- 2 1/2 cups zucchini 2 medium, loosely chopped
- 4 cups vegetable stock
- 4 cups fresh spinach leaves loosely packed
- 1 cup cilantro loosely chopped
- 1 lemon

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 20 grams
3. Fat: 7 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 700 milligrams
8. Sugar: 5 grams

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