



 4%
HEALTH SCORE

Appetizing Apple and Almond Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



176 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 almonds
- 2 apples
- 0.5 cup carrots
- 0.5 teaspoon cinnamon
- 1 gooseberry
- 0.3 cup cup heavy whipping cream
- 2 teaspoons salt
- 0.3 cup sugar

- 2 tomatoes
- 3 cups water

Equipment

- frying pan
- sieve
- blender
- pressure cooker

Directions

- Wash and rinse the apples thoroughly.
- Cut the apples (with their skin) as well as the gooseberry, tomatoes, and carrots roughly into chunks. Soak almonds in warm water and peel off the skin. In a deep bottomed pan or pressure cooker, boil 3 cups of water.
- Add chopped fruits, veggies, almonds.
- Let it simmer or pressure cook until 4 whistles. Puree the boiled veggies/fruits in a mixer until smooth. Sieve the soup if desired. Season with salt and sugar to taste. To make the soup creamier, add cream to the soup and simmer for another 5 minutes.

Nutrition Facts



Properties

Glycemic Index:54.23, Glycemic Load:13.21, Inflammation Score:-9, Nutrition Score:8.3152173913043%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.43mg, Naringenin:

0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin:
0.13mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol:
0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg,
Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin:
4.05mg

Nutrients (% of daily need)

Calories: 175.96kcal (8.8%), Fat: 6.73g (10.35%), Saturated Fat: 3.55g (22.16%), Carbohydrates: 30.01g (10%), Net
Carbohydrates: 26.25g (9.55%), Sugar: 24.84g (27.6%), Cholesterol: 16.81mg (5.6%), Sodium: 1190.83mg (51.78%),
Protein: 1.79g (3.57%), Vitamin A: 3454.54IU (69.09%), Vitamin C: 13.72mg (16.63%), Fiber: 3.76g (15.05%),
Manganese: 0.22mg (10.91%), Potassium: 325.18mg (9.29%), Vitamin K: 9.53µg (9.07%), Vitamin E: 1.26mg (8.38%),
Copper: 0.12mg (6.07%), Vitamin B6: 0.12mg (5.86%), Vitamin B2: 0.1mg (5.76%), Magnesium: 21.66mg (5.41%),
Phosphorus: 48.85mg (4.88%), Folate: 16.5µg (4.13%), Calcium: 40.82mg (4.08%), Vitamin B1: 0.06mg (3.73%),
Vitamin B3: 0.69mg (3.46%), Iron: 0.45mg (2.5%), Vitamin B5: 0.2mg (2.03%), Zinc: 0.3mg (2.03%), Vitamin D:
0.24µg (1.59%)