



Apple and Pear Soup

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



7

CALORIES



108 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1.5 teaspoons ginger fresh pureed
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon butter reduced-fat
- ☐ 3 pears cored peeled chopped
- ☐ 0.5 teaspoon rubbed sage
- ☐ 3 tart apples cored peeled chopped

☐ 5 cups vegetable broth

Equipment

☐ frying pan

☐ sauce pan

☐ pot

☐ blender

Directions

☐ Melt the margarine in a large saucepan over medium heat. Cook and stir the apples and pears in the melted margarine for about 5 minutes.

☐ Add the vegetable broth, sage, pepper, and bay leaf to the pan; bring to a boil. Reduce heat to low.

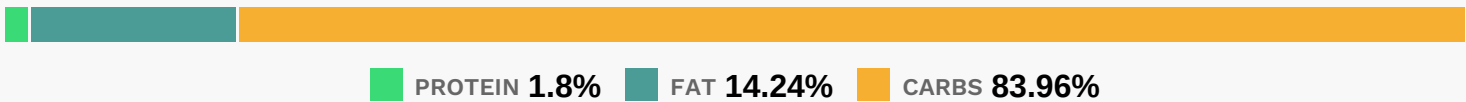
☐ Place a cover on the saucepan and allow the mixture to simmer until hot and the apples and pears are tender, about 20 minutes.

☐ Remove from heat and allow to cool for 5 minutes.

☐ Pour about 1/3 of the soup into a blender, filling the pitcher no more than halfway full. Hold the lid of the blender in place with a towel and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth; pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the saucepan. Return the pureed soup to the saucepan and warm over medium heat until completely reheated.

☐ Garnish with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:27.54, Glycemic Load:7.23, Inflammation Score:-5, Nutrition Score:3.723913035558%

Flavonoids

Cyanidin: 2.8mg, Cyanidin: 2.8mg, Cyanidin: 2.8mg, Cyanidin: 2.8mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 8.74mg, Epicatechin: 8.74mg, Epicatechin: 8.74mg, Epicatechin: 8.74mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg, Apigenin: 1.23mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 107.61kcal (5.38%), Fat: 1.86g (2.86%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 20.41g (7.42%), Sugar: 16.99g (18.88%), Cholesterol: 0mg (0%), Sodium: 692.23mg (30.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Fiber: 4.29g (17.16%), Vitamin K: 14.68µg (13.98%), Vitamin A: 540.1IU (10.8%), Vitamin C: 7.66mg (9.29%), Potassium: 178.84mg (5.11%), Copper: 0.09mg (4.32%), Manganese: 0.08mg (3.82%), Vitamin B6: 0.06mg (2.81%), Magnesium: 9.94mg (2.48%), Vitamin B2: 0.04mg (2.46%), Folate: 8.67µg (2.17%), Vitamin E: 0.3mg (2%), Phosphorus: 18.81mg (1.88%), Iron: 0.28mg (1.58%), Vitamin B1: 0.02mg (1.56%), Calcium: 13.56mg (1.36%), Vitamin B3: 0.21mg (1.03%)