



Apple Soup with Pound Cake Croutons

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



290 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apple cider
- ☐ 3 braeburn apples cored peeled quartered
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 Dash ground cloves
- ☐ 1 cup cooking wine dry white
- ☐ 3 granny smith apples cored peeled quartered
- ☐ 1 Dash ground allspice
- ☐ 0.5 cup half-and-half

- ☐ 10.8 ounce round cake reduced-fat (such as Sara Lee)
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water

Equipment

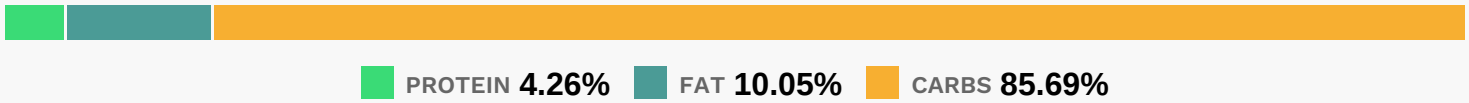
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Preheat oven to 375
- ☐ To prepare croutons, slice cake crossways into 8 (1/2-inch) slices; reserve remaining cake for another use.
- ☐ Cut each slice diagonally into 2 pieces.
- ☐ Place cake pieces on a baking sheet.
- ☐ Bake at 375 for 8 minutes or until lightly browned, turning after 4 minutes. Cool completely on a wire rack.
- ☐ To prepare soup, combine cider and next 8 ingredients (cider through cinnamon) in a large Dutch oven; bring to a boil. Reduce heat to medium-low; simmer, uncovered, 30 minutes or until apples are very tender.
- ☐ Remove cinnamon stick with a slotted spoon; discard.
- ☐ Place half of apple mixture in a blender or food processor; let stand 5 minutes. Cover tightly; process until smooth.
- ☐ Pour pureed apple mixture into a large bowl. Repeat procedure with remaining apple mixture.

Place pureed mixture in pan; stir in half-and-half. Cook over low heat 5 minutes or until heated, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:26.23, Glycemic Load:15.18, Inflammation Score:-4, Nutrition Score:6.0282608115155%

Flavonoids

Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg, Cyanidin: 2.15mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 11.83mg, Epicatechin: 11.83mg, Epicatechin: 11.83mg, Epicatechin: 11.83mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 289.64kcal (14.48%), Fat: 3.12g (4.8%), Saturated Fat: 1.43g (8.91%), Carbohydrates: 59.9g (19.97%), Net Carbohydrates: 56.05g (20.38%), Sugar: 44.41g (49.35%), Cholesterol: 44.15mg (14.72%), Sodium: 252.05mg (10.96%), Alcohol: 3.09g (100%), Alcohol %: 1.41% (100%), Protein: 2.98g (5.95%), Manganese: 0.34mg (17.21%), Fiber: 3.85g (15.42%), Vitamin B2: 0.18mg (10.58%), Phosphorus: 89.73mg (8.97%), Vitamin B1: 0.13mg (8.57%), Vitamin C: 6.8mg (8.24%), Iron: 1.4mg (7.77%), Potassium: 260.85mg (7.45%), Calcium: 63.49mg (6.35%), Selenium: 4.11µg (5.88%), Folate: 22.9µg (5.73%), Vitamin B6: 0.11mg (5.27%), Vitamin B3: 0.94mg (4.72%), Magnesium: 18.07mg (4.52%), Vitamin A: 189.05IU (3.78%), Copper: 0.07mg (3.66%), Vitamin K: 3.71µg (3.53%), Vitamin B5: 0.34mg (3.39%), Vitamin E: 0.4mg (2.66%), Zinc: 0.37mg (2.44%), Vitamin B12: 0.12µg (2%)