



Berry Gazpacho

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup blackberries fresh
- 1 cup blueberries fresh
- 1 bunch mint leaves fresh
- 0.3 cup honey
- 2 tablespoons juice of lemon
- 1 sprigs garnishes: mint berries fresh
- 1 cup raspberries fresh
- 8 servings raspberry sorbet

- 10 ounce strawberries frozen thawed
- 1 vanilla pod split
- 0.5 cup water
- 750 milliliter riesling wine

Equipment

- bowl
- sauce pan
- sieve
- blender

Directions

- Bring first 3 ingredients to a boil in a large saucepan over medium-high heat; boil until reduced to 1 1/2 cups. Cover and chill.
- Pour wine mixture through a wire-mesh strainer into a large bowl, discarding bean and mint.
- Process strawberries and 1/2 cup water in a blender until smooth; pour through wire-mesh strainer into wine mixture, discarding seeds. Stir in honey and next 4 ingredients; chill.
- Serve with raspberry sorbet.
- Garnish, if desired.

Nutrition Facts



PROTEIN 5.02% **FAT 3.92%** **CARBS 91.06%**

Properties

Glycemic Index:24.78, Glycemic Load:8.56, Inflammation Score:-6, Nutrition Score:6.5947826038236%

Flavonoids

Cyanidin: 27.02mg, Cyanidin: 27.02mg, Cyanidin: 27.02mg, Cyanidin: 27.02mg Petunidin: 5.92mg, Petunidin: 5.92mg, Petunidin: 5.92mg, Petunidin: 5.92mg Delphinidin: 6.86mg, Delphinidin: 6.86mg, Delphinidin: 6.86mg, Delphinidin: 6.86mg Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg, Malvidin: 12.53mg Pelargonidin: 9.03mg, Pelargonidin: 9.03mg, Pelargonidin: 9.03mg, Pelargonidin: 9.03mg Peonidin: 3.83mg, Peonidin: 3.83mg, Peonidin: 3.83mg, Peonidin: 3.83mg Catechin: 8.95mg, Catechin: 8.95mg, Catechin: 8.95mg, Catechin: 8.95mg

Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg
Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg, Epicatechin: 1.63mg Epicatechin 3-gallate: 0.05mg,
Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-
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gallate: 0.24mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin:
0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.14mg, Naringenin: 0.14mg,
Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg
Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.54mg, Kaempferol: 0.54mg,
Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin:
0.38mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg Gallocatechin: 0.03mg,
Galocatechin: 0.03mg, Galocatechin: 0.03mg, Galocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 264.95kcal (13.25%), Fat: 0.88g (1.35%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 45.81g (15.27%), Net
Carbohydrates: 41.07g (14.93%), Sugar: 33.33g (37.03%), Cholesterol: 0mg (0%), Sodium: 62.77mg (2.73%),
Alcohol: 9.89g (100%), Alcohol %: 4.19% (100%), Protein: 2.53g (5.05%), Vitamin C: 32.06mg (38.86%), Manganese:
0.55mg (27.64%), Fiber: 4.75g (18.99%), Vitamin K: 9.08µg (8.65%), Potassium: 229.19mg (6.55%), Magnesium:
24.23mg (6.06%), Folate: 19.96µg (4.99%), Vitamin B6: 0.1mg (4.86%), Iron: 0.86mg (4.77%), Copper: 0.09mg
(4.38%), Phosphorus: 39.38mg (3.94%), Vitamin E: 0.55mg (3.7%), Vitamin B2: 0.06mg (3.25%), Vitamin B3: 0.61mg
(3.05%), Zinc: 0.4mg (2.68%), Calcium: 26.39mg (2.64%), Vitamin B5: 0.22mg (2.18%), Vitamin B1: 0.03mg (1.99%),
Vitamin A: 84.49IU (1.69%)