



## Berry Patch Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



11

CALORIES



129 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 48 ounce berry mix frozen thawed (strawberries, raspberries, blueberries, and blackberries)
- 0.8 cup half-and-half fat-free
- 0.5 cup honey
- 11 tablespoons cup heavy whipping cream sour reduced-fat
- 3 tablespoons sauternes

### Equipment

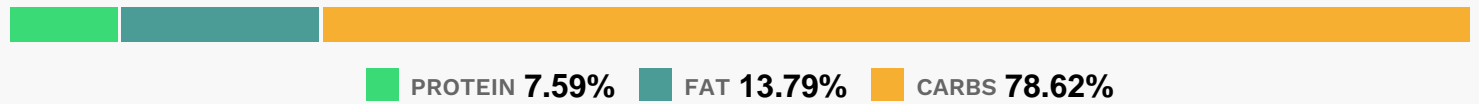
- food processor
- bowl

- ladle
- sieve
- blender

## Directions

- Place one-third of berry mix in food processor or blender, and process until smooth. Strain pureed mixture through a sieve into a large bowl; discard pulp. Repeat procedure 2 times with remaining berry mix.
- Add honey, half-and-half, and wine to pureed mixture; stir well. Ladle soup into bowls. Dollop each with sour cream.
- NOTE: 1 (16-ounce) package each of frozen strawberries, raspberries, and blueberries can be substituted for 3 (16-ounce) packages of frozen berry mix.

## Nutrition Facts



## Properties

Glycemic Index:8.39, Glycemic Load:7.97, Inflammation Score:-6, Nutrition Score:9.56913059302%

## Flavonoids

Cyanidin: 123.65mg, Cyanidin: 123.65mg, Cyanidin: 123.65mg, Cyanidin: 123.65mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 45.88mg, Catechin: 45.88mg, Catechin: 45.88mg, Catechin: 45.88mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.79mg, Epicatechin: 5.79mg, Epicatechin: 5.79mg, Epicatechin: 5.79mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

## Nutrients (% of daily need)

Calories: 129.21kcal (6.46%), Fat: 2.1g (3.24%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 26.99g (9%), Net Carbohydrates: 20.4g (7.42%), Sugar: 19.56g (21.73%), Cholesterol: 5mg (1.67%), Sodium: 28.11mg (1.22%), Alcohol: 0.42g (100%), Alcohol %: 0.31% (100%), Protein: 2.61g (5.21%), Manganese: 0.82mg (40.83%), Vitamin C: 26.28mg (31.85%), Fiber: 6.59g (26.35%), Vitamin K: 24.6µg (23.43%), Copper: 0.21mg (10.72%), Vitamin E: 1.49mg (9.93%),

Folate: 33.24µg (8.31%), Potassium: 269.91mg (7.71%), Magnesium: 29.23mg (7.31%), Calcium: 69.54mg (6.95%), Vitamin A: 311.01IU (6.22%), Phosphorus: 61.39mg (6.14%), Zinc: 0.88mg (5.9%), Vitamin B2: 0.09mg (5.36%), Iron: 0.85mg (4.73%), Vitamin B5: 0.43mg (4.28%), Vitamin B3: 0.85mg (4.25%), Vitamin B6: 0.06mg (2.76%), Vitamin B1: 0.04mg (2.58%), Vitamin B12: 0.13µg (2.23%), Selenium: 1.46µg (2.09%)