



Blackberry Soup with Peaches and Berries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.5 cups blackberries divided
- 1 tablespoon kirsch liqueur (cherry brandy)
- 2 cups peaches peeled sliced
- 6 tablespoons sugar divided
- 0.5 cup water

Equipment

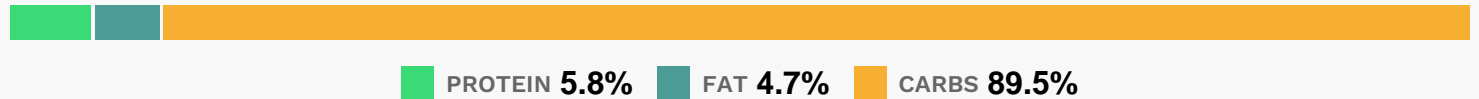
- bowl
- sauce pan

sieve

Directions

- Combine 2 1/2 cups blackberries and water in a medium nonaluminum saucepan. Bring to a simmer; cover and cook 15 minutes or until blackberries are very soft. Press blackberry mixture through a sieve over a small bowl, reserving liquid; discard seeds.
- Combine blackberry liquid, 3 tablespoons sugar, and kirsch; cover and chill for at least 2 hours.
- Combine 3 tablespoons sugar and peaches; toss gently to coat. Spoon 1/4 cup blackberry mixture into each of 6 shallow soup bowls. Arrange 1/3 cup peach slices and about 2 1/2 tablespoons blackberries over each serving.

Nutrition Facts



Properties

Glycemic Index:25.06, Glycemic Load:11.06, Inflammation Score:-6, Nutrition Score:7.0695651873298%

Flavonoids

Cyanidin: 84.94mg, Cyanidin: 84.94mg, Cyanidin: 84.94mg, Cyanidin: 84.94mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 33.66mg, Catechin: 33.66mg, Catechin: 33.66mg, Catechin: 33.66mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 109.65kcal (5.48%), Fat: 0.59g (0.91%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 25.21g (8.4%), Net Carbohydrates: 19.99g (7.27%), Sugar: 20.38g (22.65%), Cholesterol: 0mg (0%), Sodium: 8.64mg (0.38%), Alcohol: 0.83g (100%), Alcohol %: 0.62% (100%), Protein: 1.63g (3.27%), Manganese: 0.57mg (28.74%), Vitamin C: 19.74mg (23.93%), Fiber: 5.22g (20.89%), Vitamin K: 18.17µg (17.31%), Copper: 0.18mg (9.16%), Vitamin E: 1.36mg (9.05%), Vitamin A: 347.11IU (6.94%), Folate: 24.08µg (6.02%), Potassium: 199mg (5.69%), Magnesium: 21.1mg (5.28%), Vitamin B3: 0.96mg (4.78%), Iron: 0.7mg (3.9%), Zinc: 0.57mg (3.78%), Vitamin B5: 0.31mg (3.1%), Phosphorus: 29.87mg (2.99%), Calcium: 27.12mg (2.71%), Vitamin B2: 0.04mg (2.36%), Selenium: 1.49µg (2.12%), Vitamin B1:

0.03mg (1.95%), Vitamin B6: 0.04mg (1.9%)