



Blueberry and Yogurt Soup with Lime Swirl

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



5

CALORIES



131 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups blueberries
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup honey
- ☐ 1 juice of lime
- ☐ 2 tablespoons greek yogurt plain (not nonfat)
- ☐ 2 teaspoons sugar

Equipment

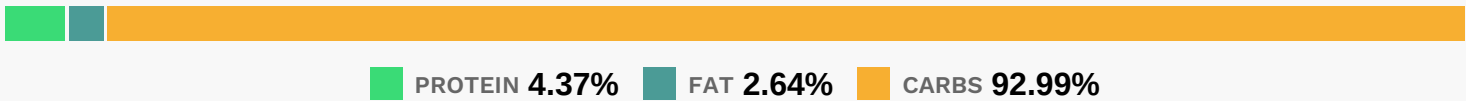
- ☐ bowl

- ☐ sauce pan
- ☐ ladle
- ☐ knife
- ☐ whisk
- ☐ blender

Directions

- ☐ Reserve a few small blueberries for garnish.
- ☐ Place remaining berries in a large saucepan and pour in 1/2 cup water. Stir in honey and cinnamon. Bring to a simmer over medium-high heat, about 5 minutes. Cook, stirring occasionally, just until berries start to soften and give off liquid, about 2 minutes.
- ☐ Transfer to a bowl and let cool slightly. Puree blueberry mixture in a blender until smooth.
- ☐ Transfer to a large bowl, cover and refrigerate until thoroughly chilled, at least 2 hours.
- ☐ Combine 2 Tbsp. yogurt, lime juice, lime zest and sugar in a small bowl. Stir to blend, cover and refrigerate until ready to serve soup.
- ☐ Just before serving, whisk remaining 1 3/4 cups yogurt into blueberry mixture. Ladle soup into chilled bowls. Drop 2 tsp. of lime-yogurt mixture into center of each bowl. Use tip of a sharp knife to make decorative swirls.
- ☐ Garnish with reserved berries and serve cold.

Nutrition Facts



Properties

Glycemic Index:33.47, Glycemic Load:14.13, Inflammation Score:-4, Nutrition Score:5.0339130292768%

Flavonoids

Cyanidin: 10.02mg, Cyanidin: 10.02mg, Cyanidin: 10.02mg, Cyanidin: 10.02mg Petunidin: 37.33mg, Petunidin: 37.33mg, Petunidin: 37.33mg, Petunidin: 37.33mg Delphinidin: 41.95mg, Delphinidin: 41.95mg, Delphinidin: 41.95mg, Delphinidin: 41.95mg Malvidin: 80.03mg, Malvidin: 80.03mg, Malvidin: 80.03mg, Malvidin: 80.03mg Peonidin: 24.02mg, Peonidin: 24.02mg, Peonidin: 24.02mg, Peonidin: 24.02mg Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg

0.73mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg, Quercetin: 9.11mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 130.83kcal (6.54%), Fat: 0.42g (0.65%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 33.61g (11.2%), Net Carbohydrates: 30.61g (11.13%), Sugar: 27.61g (30.67%), Cholesterol: 0.3mg (0.1%), Sodium: 4.18mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Manganese: 0.45mg (22.4%), Vitamin K: 22.95µg (21.86%), Vitamin C: 13.38mg (16.21%), Fiber: 3.01g (12.02%), Vitamin E: 0.69mg (4.62%), Vitamin B2: 0.07mg (4.3%), Copper: 0.08mg (3.85%), Vitamin B6: 0.07mg (3.6%), Potassium: 116.36mg (3.32%), Vitamin B1: 0.05mg (3.11%), Vitamin B3: 0.54mg (2.7%), Phosphorus: 24.01mg (2.4%), Iron: 0.43mg (2.39%), Magnesium: 8.7mg (2.18%), Folate: 8.48µg (2.12%), Vitamin B5: 0.19mg (1.86%), Zinc: 0.27mg (1.78%), Calcium: 17.64mg (1.76%), Vitamin A: 67.77IU (1.36%), Selenium: 0.87µg (1.24%)