



## Blueberry Soup

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4.5 cups blueberries fresh
- 10 servings treat croutons sweet
- 1 teaspoon lavender dried
- 12 oz lemonade concentrate frozen thawed canned
- 1 teaspoon vanilla extract
- 1.5 cups vanilla yogurt
- 0.5 cup water cold

### Equipment

- bowl
- sauce pan
- sieve

## Directions

- Stir together fresh blueberries, lemonade concentrate, and 1/2 cup cold water in a 3-qt. saucepan. Bring to a boil; reduce heat, stir in dried lavender, and simmer, stirring occasionally, 5 minutes or until blueberries burst.
- Remove from heat, and cool 5 minutes. Stir in vanilla extract.
- Press mixture through a fine wire-mesh strainer into a large bowl, using back of a spoon to squeeze out juice. Discard pulp. Stir in yogurt. Cover and chill 4 to 24 hours.
- Serve with Sweet Treat Croutons.
- \*2 (12-oz.) packages frozen blueberries may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:11.2, Glycemic Load:3.72, Inflammation Score:-3, Nutrition Score:4.530869577242%

## Flavonoids

Cyanidin: 5.63mg, Cyanidin: 5.63mg, Cyanidin: 5.63mg, Cyanidin: 5.63mg Petunidin: 21mg, Petunidin: 21mg, Petunidin: 21mg, Petunidin: 21mg Delphinidin: 23.6mg, Delphinidin: 23.6mg, Delphinidin: 23.6mg, Delphinidin: 23.6mg Malvidin: 45.01mg, Malvidin: 45.01mg, Malvidin: 45.01mg, Malvidin: 45.01mg Peonidin: 13.51mg, Peonidin: 13.51mg, Peonidin: 13.51mg, Peonidin: 13.51mg Catechin: 3.52mg, Catechin: 3.52mg, Catechin: 3.52mg, Catechin: 3.52mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg Gallic acid: 0.08mg, Gallic acid: 0.08mg, Gallic acid: 0.08mg, Gallic acid: 0.08mg

## Nutrients (% of daily need)

Calories: 141.34kcal (7.07%), Fat: 0.99g (1.52%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 30.79g (11.2%), Sugar: 26.89g (29.88%), Cholesterol: 1.84mg (0.61%), Sodium: 34.91mg (1.52%),

Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 2.5g (5.01%), Vitamin C: 11.27mg (13.66%), Vitamin K: 12.96µg (12.34%), Manganese: 0.24mg (11.78%), Calcium: 71.48mg (7.15%), Fiber: 1.75g (7.01%), Vitamin B2: 0.1mg (6.13%), Phosphorus: 61.16mg (6.12%), Potassium: 158.09mg (4.52%), Vitamin B1: 0.05mg (3.54%), Selenium: 2.38µg (3.4%), Vitamin B5: 0.33mg (3.29%), Vitamin B12: 0.19µg (3.25%), Magnesium: 12.73mg (3.18%), Folate: 11.74µg (2.93%), Vitamin B6: 0.06mg (2.92%), Zinc: 0.44mg (2.9%), Vitamin E: 0.42mg (2.78%), Copper: 0.05mg (2.55%), Vitamin B3: 0.41mg (2.06%), Iron: 0.29mg (1.63%), Vitamin A: 53.27IU (1.07%)