



Cantaloupe Berry Soup



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



172 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup blackberries
- ☐ 3 lbs cantaloupe cut in chunks
- ☐ 8 mint leaves fresh chopped
- ☐ 1 tablespoon honey
- ☐ 0.3 cup nonfat greek yogurt
- ☐ 1 cup raspberries

Equipment

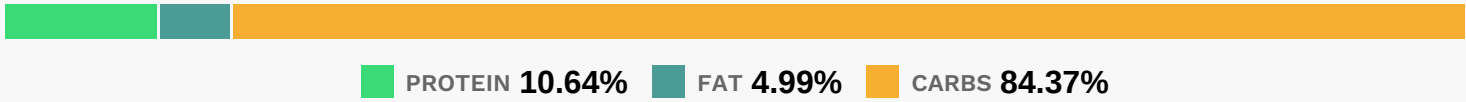
- ☐ bowl

☐ blender

Directions

- ☐ Whirl cantaloupe in a blender until smooth. Stir in mint, then divide among 4 small bowls. Top each bowl with equal amounts of raspberries and blackberries.
- ☐ Mix yogurt and honey together, then dollop 1 tbsp. onto each soup.

Nutrition Facts



Properties

Glycemic Index:42.69, Glycemic Load:19.97, Inflammation Score:-10, Nutrition Score:18.126521815424%

Flavonoids

Cyanidin: 49.71mg, Cyanidin: 49.71mg, Cyanidin: 49.71mg, Cyanidin: 49.71mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 13.73mg, Catechin: 13.73mg, Catechin: 13.73mg, Catechin: 13.73mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg, Luteolin: 2.43mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 171.73kcal (8.59%), Fat: 1.05g (1.61%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 39.87g (13.29%), Net Carbohydrates: 33.12g (12.04%), Sugar: 34.61g (38.45%), Cholesterol: 0.63mg (0.21%), Sodium: 108.05mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.06%), Vitamin A: 11677.77IU (233.56%), Vitamin C: 53.16mg (64.44%), Manganese: 0.6mg (30.09%), Fiber: 6.75g (27%), Copper: 0.39mg (19.31%), Potassium: 669.46mg (19.13%), Vitamin K: 18.65µg (17.76%), Folate: 66.19µg (16.55%), Magnesium: 61.11mg (15.28%), Vitamin B3: 2.84mg (14.2%), Zinc: 1.91mg (12.76%), Vitamin B1: 0.19mg (12.53%), Selenium: 7.27µg (10.38%), Iron: 1.86mg (10.31%), Phosphorus: 93.12mg (9.31%), Vitamin B2: 0.16mg (9.12%), Vitamin B6: 0.18mg (8.76%), Calcium: 67.61mg (6.76%), Vitamin B5: 0.61mg (6.07%), Vitamin E: 0.85mg (5.69%), Vitamin B12: 0.09µg (1.46%)