



Champagne Infused Strawberry Soup



Gluten Free



Dairy Free



Low Fod Map

Image not found or type unknown

READY IN

ready

28 min.

SERVINGS

servings

8

CALORIES

calories

293 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup champagne
- ☐ 1 juice of lemon juiced
- ☐ 8 servings lime sorbet (lemon yogurt or vanilla ice cream may be substituted)
- ☐ 6 mint leaves plus more, for garnish
- ☐ 9 cups strawberries frozen canned (can be used)
- ☐ 1 cup sugar
- ☐ 4 cups water

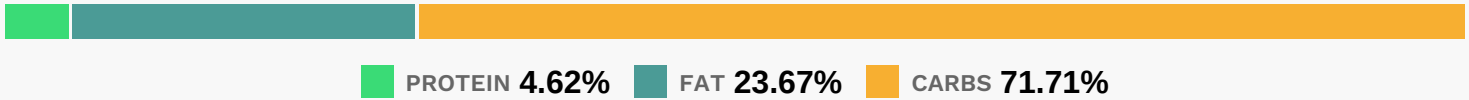
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ immersion blender

Directions

- ☐ In a saucepan, bring water, strawberries, sugar, lemon juice, and Champagne to a boil.
- ☐ Let simmer for 10 minutes, then add mint leaves.
- ☐ Let cool to room temperature.
- ☐ Blend together with an immersion blender or in a standing blender, then strain through a sieve. Chill in the refrigerator, covered, for 3 hours.
- ☐ Serve in soup bowls with a scoop of ice cream or sorbet.
- ☐ Garnish with mint leaves.

Nutrition Facts



Properties

Glycemic Index:21.39, Glycemic Load:30.35, Inflammation Score:-6, Nutrition Score:11.767391334409%

Flavonoids

Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg, Cyanidin: 2.72mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 40.26mg, Pelargonidin: 40.26mg, Pelargonidin: 40.26mg, Pelargonidin: 40.26mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 5.04mg, Catechin: 5.04mg, Catechin: 5.04mg, Catechin: 5.04mg Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg

0.47mg, Naringenin: 0.47mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 293.29kcal (14.66%), Fat: 7.84g (12.06%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 53.46g (17.82%), Net Carbohydrates: 49.69g (18.07%), Sugar: 47.13g (52.36%), Cholesterol: 29.04mg (9.68%), Sodium: 61.89mg (2.69%), Alcohol: 0.94g (100%), Alcohol %: 0.31% (100%), Protein: 3.45g (6.89%), Vitamin C: 97.34mg (117.99%), Manganese: 0.64mg (32.04%), Fiber: 3.77g (15.09%), Vitamin B2: 0.2mg (11.93%), Calcium: 117.57mg (11.76%), Potassium: 400.81mg (11.45%), Phosphorus: 111.24mg (11.12%), Folate: 43.93µg (10.98%), Magnesium: 33.78mg (8.45%), Vitamin A: 329.39IU (6.59%), Vitamin B5: 0.59mg (5.93%), Copper: 0.12mg (5.92%), Vitamin B6: 0.11mg (5.67%), Zinc: 0.72mg (4.79%), Iron: 0.84mg (4.65%), Vitamin B1: 0.07mg (4.5%), Vitamin E: 0.67mg (4.49%), Vitamin B12: 0.26µg (4.29%), Vitamin B3: 0.73mg (3.66%), Vitamin K: 3.76µg (3.58%), Selenium: 2.02µg (2.88%)