



Champagne Peach and Mint Soup

 Vegetarian  Gluten Free

READY IN



220 min.

SERVINGS



12

CALORIES



78 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bottle champagne dry
- 2 tablespoons crème fraîche
- 4 large sprigs mint leaves fresh with paper toweling washed and dried in a salad spinner or well
- 12 small sprigs mint leaves fresh for garnish
- 6 large peaches fresh peeled sliced
- 0.1 teaspoon salt
- 12 servings bell pepper white

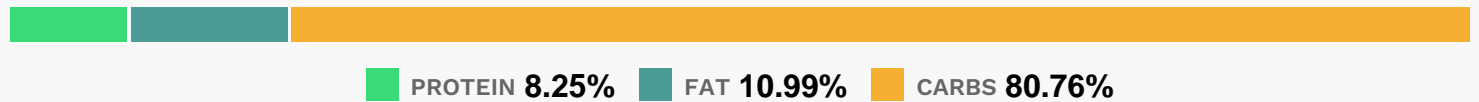
Equipment

- sauce pan
- pot
- immersion blender

Directions

- Combine Champagne, peaches, salt, large sprigs of mint, and white pepper in a large saucepan or deep pot. Cook for 20 minutes over medium heat to infuse flavors.
- Remove from heat and remove large mint sprigs. Adjust salt and white pepper, if needed. Blend with an immersion blender and chill.
- Serve in demitasse cups garnished with 1/2 teaspoon creme fraiche and small mint sprigs.

Nutrition Facts



Properties

Glycemic Index:3.35, Glycemic Load:3.03, Inflammation Score:-5, Nutrition Score:3.3756521658405%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 78.19kcal (3.91%), Fat: 0.68g (1.04%), Saturated Fat: 0.23g (1.47%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 9.29g (3.38%), Sugar: 8.13g (9.03%), Cholesterol: 1.18mg (0.39%), Sodium: 41.11mg (1.79%), Alcohol: 4g (100%), Alcohol %: 3.26% (100%), Protein: 1.15g (2.29%), Fiber: 1.94g (7.77%), Manganese: 0.16mg (7.77%), Vitamin A: 354.35IU (7.09%), Vitamin C: 4.45mg (5.39%), Iron: 0.9mg (5.02%), Potassium: 173.3mg (4.95%), Copper: 0.1mg (4.9%), Vitamin E: 0.65mg (4.31%), Magnesium: 16.32mg (4.08%), Vitamin B3: 0.8mg (3.98%), Phosphorus: 34.64mg (3.46%), Selenium: 2.1µg (3%), Vitamin K: 2.65µg (2.53%), Vitamin B2: 0.04mg (2.52%), Zinc: 0.3mg (1.97%), Calcium: 19.7mg (1.97%), Vitamin B6: 0.04mg (1.95%), Folate: 7.72µg (1.93%), Vitamin B1: 0.02mg

(1.53%), Vitamin B5: 0.15mg (1.45%)