



Chilled Berry Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup soymilk
- ☐ 2 cups strawberries unsweetened frozen organic thawed cascadian farm®
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons sugar
- ☐ 1 serving strawberries fresh sliced
- ☐ 1 sprigs mint leaves fresh

Equipment

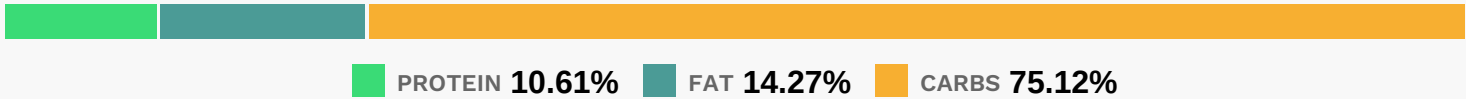
- ☐ food processor

- ☐ bowl
- ☐ blender

Directions

- ☐ In blender or food processor, place soymilk, frozen strawberries, orange juice and sugar. Cover; blend on high speed about 30 seconds or until smooth.
- ☐ Pour into 3 individual serving bowls; top with sliced fresh strawberries and mint.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:11.12, Inflammation Score:-7, Nutrition Score:13.559999963512%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 3.33mg, Hesperetin: 3.33mg, Hesperetin: 3.33mg, Hesperetin: 3.33mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 124.91kcal (6.25%), Fat: 2.08g (3.2%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 21.38g (7.77%), Sugar: 19.33g (21.48%), Cholesterol: 0mg (0%), Sodium: 41.23mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.97%), Vitamin C: 104.22mg (126.33%), Manganese: 0.56mg (28.2%), Folate: 68.38µg (17.09%), Vitamin B3: 3.26mg (16.31%), Vitamin E: 2.41mg (16.07%), Vitamin B12: 0.85µg

(14.16%), Calcium: 137.09mg (13.71%), Vitamin B6: 0.26mg (13.12%), Fiber: 3.28g (13.11%), Vitamin B2: 0.2mg (11.7%), Potassium: 388.41mg (11.1%), Copper: 0.18mg (8.98%), Vitamin A: 395.71IU (7.91%), Vitamin B1: 0.11mg (7.23%), Vitamin D: 0.94µg (6.29%), Iron: 1.05mg (5.84%), Magnesium: 22.02mg (5.5%), Phosphorus: 39.49mg (3.95%), Selenium: 2.46µg (3.52%), Vitamin K: 3.2µg (3.04%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.23mg (2.33%)