



Chilled Blueberry Soup

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



365 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups blueberries fresh
- 0.3 teaspoon ground cinnamon
- 1 pint half-and-half
- 1 tablespoon juice of lemon fresh
- 4 servings garnish: mint sprigs
- 1 cup orange juice
- 0.1 teaspoon salt
- 0.5 cup sugar

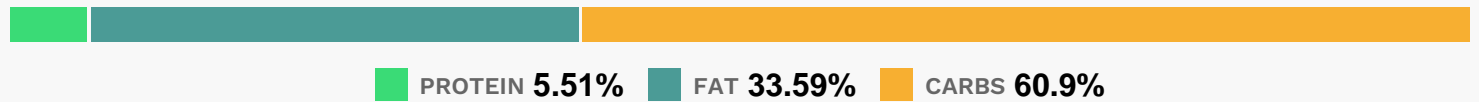
Equipment

- food processor
- sauce pan
- blender

Directions

- Bring first 5 ingredients to a boil in a saucepan over medium-high heat, stirring often.
- Remove from heat, and slightly cool.
- Process blueberry mixture and lemon juice in a blender or food processor until smooth, stopping to scrape down sides. Cover and chill until ready to serve.
- Stir in half-and-half just before serving.
- Serve in stemmed glasses.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:41.77, Glycemic Load:27.91, Inflammation Score:-7, Nutrition Score:12.15999993034%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 8.05mg, Hesperetin: 8.05mg, Hesperetin: 8.05mg, Hesperetin: 8.05mg Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 365.31kcal (18.27%), Fat: 14.32g (22.02%), Saturated Fat: 8.38g (52.35%), Carbohydrates: 58.4g (19.47%), Net Carbohydrates: 54.57g (19.84%), Sugar: 49.88g (55.42%), Cholesterol: 41.4mg (13.8%), Sodium: 147.54mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.57%), Vitamin C: 48.19mg (58.42%), Vitamin K: 30.2µg (28.76%), Manganese: 0.54mg (27.12%), Vitamin B2: 0.32mg (18.63%), Fiber: 3.83g (15.33%), Calcium: 146.48mg (14.65%), Phosphorus: 141.79mg (14.18%), Vitamin A: 665.75IU (13.32%), Potassium: 404.71mg (11.56%), Vitamin B1: 0.15mg (9.85%), Folate: 32.93µg (8.23%), Vitamin B6: 0.16mg (8.21%), Vitamin E: 1.17mg (7.82%), Magnesium: 28.63mg (7.16%), Vitamin B5: 0.65mg (6.52%), Copper: 0.13mg (6.42%), Selenium: 4.15µg (5.93%), Vitamin B3: 1.02mg (5.09%), Zinc: 0.75mg (4.98%), Iron: 0.67mg (3.75%), Vitamin B12: 0.22µg (3.75%)