



Chilled Blueberry Soup



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



147 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups blueberries fresh frozen with their juice) thawed
- ☐ 1 juice of orange store-bought
- ☐ 1 cup yogurt plain
- ☐ 0.5 cup sugar
- ☐ 1 cup white wine fruity (or white grape juice)

Equipment

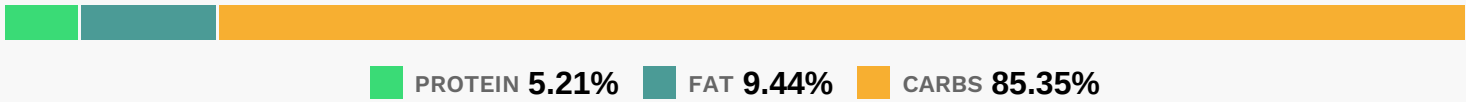
- ☐ bowl
- ☐ sauce pan

☐ sieve

Directions

- ☐ In a deep saucepan, bring the sugar, orange juice, wine or grape juice, and 1 cup water to a boil. Boil for 1 minute, stirring.
- ☐ Add the berries and cook 1 minute more.
- ☐ Remove from heat and let cool completely.
- ☐ Purée the mixture, strain it through a fine sieve, and chill.
- ☐ Pour it into bowls and swirl in the yogurt just before serving.

Nutrition Facts



Properties

Glycemic Index:30.18, Glycemic Load:14.91, Inflammation Score:-3, Nutrition Score:3.9699999780759%

Flavonoids

Cyanidin: 4.55mg, Cyanidin: 4.55mg, Cyanidin: 4.55mg, Cyanidin: 4.55mg Petunidin: 15.98mg, Petunidin: 15.98mg, Petunidin: 15.98mg, Petunidin: 15.98mg Delphinidin: 18.29mg, Delphinidin: 18.29mg, Delphinidin: 18.29mg, Delphinidin: 18.29mg Malvidin: 38.05mg, Malvidin: 38.05mg, Malvidin: 38.05mg, Malvidin: 38.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 10.46mg, Peonidin: 10.46mg, Peonidin: 10.46mg, Peonidin: 10.46mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 146.99kcal (7.35%), Fat: 1.62g (2.49%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 32.92g (10.97%), Net Carbohydrates: 31.64g (11.5%), Sugar: 30.28g (33.64%), Cholesterol: 5.31mg (1.77%), Sodium: 21.65mg (0.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Manganese: 0.27mg (13.51%), Vitamin C: 10.03mg (12.16%), Vitamin K: 9.78µg (9.32%), Calcium: 58.27mg (5.83%), Vitamin B2: 0.09mg (5.34%), Phosphorus: 52.31mg

(5.23%), Fiber: 1.29g (5.15%), Potassium: 165.46mg (4.73%), Magnesium: 13.18mg (3.29%), Vitamin B1: 0.05mg (3.08%), Vitamin B6: 0.06mg (2.81%), Vitamin B5: 0.26mg (2.59%), Vitamin B12: 0.15µg (2.52%), Zinc: 0.36mg (2.37%), Copper: 0.05mg (2.25%), Folate: 8.82µg (2.2%), Vitamin E: 0.31mg (2.06%), Vitamin A: 90.44IU (1.81%), Vitamin B3: 0.33mg (1.66%), Iron: 0.29mg (1.62%), Selenium: 1.06µg (1.51%)