



Chilled Georgia Peach Soup with Raspberry Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



344 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 servings raspberry cream
- ☐ 1 cup cooking wine dry white
- ☐ 1 teaspoon mint leaves fresh chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 2 cups half-and-half
- ☐ 1 cup peach schnapps

- ☐ 2 quarts peaches fresh chopped
- ☐ 10 servings garnish: raspberry puree
- ☐ 0.5 cup sugar

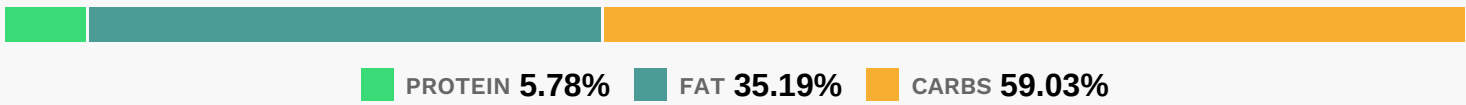
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Stir together first 7 ingredients in a large saucepan. Cook over medium heat 15 minutes or until peaches are tender and liquid is reduced. Cool; process in a blender until smooth, stopping to scrape down sides. Cover and chill.
- ☐ Stir in half-and-half. Top each serving with a dollop of Raspberry Cream, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:14.48, Inflammation Score:-8, Nutrition Score:11.093478337578%

Flavonoids

Cyanidin: 31.1mg, Cyanidin: 31.1mg, Cyanidin: 31.1mg, Cyanidin: 31.1mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 10.28mg, Catechin: 10.28mg, Catechin: 10.28mg, Catechin: 10.28mg Epigallocatechin: 2.24mg, Epigallocatechin: 2.24mg, Epigallocatechin: 2.24mg, Epigallocatechin: 2.24mg Epicatechin: 6.67mg, Epicatechin: 6.67mg, Epicatechin: 6.67mg, Epicatechin: 6.67mg Epigallocatechin 3-gallate: 0.89mg, Epigallocatechin 3-gallate: 0.89mg, Epigallocatechin 3-gallate: 0.89mg, Epigallocatechin 3-gallate: 0.89mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 344.31kcal (17.22%), Fat: 11.92g (18.35%), Saturated Fat: 6.91g (43.17%), Carbohydrates: 45.01g (15%), Net Carbohydrates: 38.21g (13.9%), Sugar: 36.66g (40.74%), Cholesterol: 33.89mg (11.3%), Sodium: 60.1mg (2.61%), Alcohol: 2.47g (100%), Alcohol %: 0.85% (100%), Protein: 4.41g (8.81%), Vitamin C: 24.01mg (29.11%), Manganese: 0.56mg (28.24%), Fiber: 6.8g (27.19%), Vitamin A: 1029.4IU (20.59%), Vitamin E: 2.16mg (14.43%), Vitamin B2: 0.21mg (12.3%), Potassium: 417.46mg (11.93%), Phosphorus: 118.16mg (11.82%), Vitamin K: 11.59µg (11.04%), Copper: 0.21mg (10.5%), Vitamin B3: 1.97mg (9.87%), Magnesium: 36.75mg (9.19%), Selenium: 6.18µg (8.83%), Calcium: 87.59mg (8.76%), Vitamin B5: 0.68mg (6.76%), Folate: 26.28µg (6.57%), Iron: 1.18mg (6.53%), Zinc: 0.94mg (6.3%), Vitamin B6: 0.12mg (6.1%), Vitamin B1: 0.08mg (5.56%), Vitamin B12: 0.12µg (1.93%), Vitamin D: 0.24µg (1.6%)