



Chilled Grape Soup



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



174 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 peppercorns black
- ☐ 1 stick cinnamon (2-inch)
- ☐ 1 cup cooking wine dry white
- ☐ 0.5 teaspoon gelatin powder unflavored (from one)
- ☐ 2 cups grapes mixed stemmed seeded sliced (lengthwise or crosswise)
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 1 pinch nutmeg freshly grated
- ☐ 2 inch orange zest fresh

- ☐ 0.5 cup sugar
- ☐ 1.5 cups grape juice white

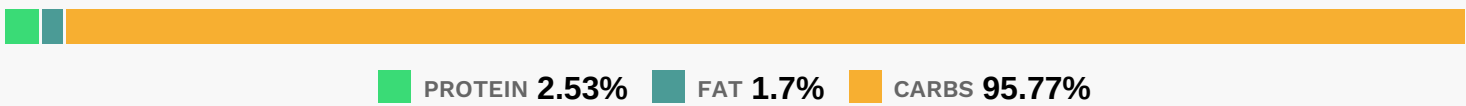
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ cheesecloth

Directions

- ☐ Put cinnamon stick, cloves, peppercorns, and zest strips on cheesecloth and tie it closed.
- ☐ Sprinkle gelatin over 1 tablespoon grape juice in a small cup and let soften about 1 minute.
- ☐ Bring wine, remaining 1 1/2 cups white grape juice, sugar, nutmeg, and cheesecloth bag to a boil in a 1- to 2-quart saucepan, then remove from heat and add gelatin mixture, stirring with a metal spoon (see cooks' note, below) until dissolved.
- ☐ Transfer soup to a bowl and chill, covered, in a larger bowl of ice and cold water in the refrigerator for at least 8 hours.
- ☐ Just before serving, discard cheesecloth bag and add grated zest and grapes to soup.
- ☐ · Soup (without grated zest and grapes) can be chilled up to 12 hours.
- ☐ Add zest and grapes just before serving.· A metal spoon is the correct tool for stirring gelatin; a wooden one might transfer oils, and a whisk might incorporate tiny bubbles.

Nutrition Facts



Properties

Glycemic Index:39.68, Glycemic Load:15.84, Inflammation Score:-2, Nutrition Score:3.1852173675662%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Petunidin: 0.65mg, Petunidin: 0.65mg, Petunidin: 0.65mg, Petunidin: 0.65mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 7.09mg, Malvidin: 7.09mg, Malvidin: 7.09mg, Malvidin: 7.09mg Pelargonidin: 0.01mg, Pelargonidin:

0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 174.48kcal (8.72%), Fat: 0.29g (0.45%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 37.02g (12.34%), Net Carbohydrates: 35.92g (13.06%), Sugar: 33.88g (37.64%), Cholesterol: 0mg (0%), Sodium: 7.15mg (0.31%), Alcohol: 4.12g (100%), Alcohol %: 3.02% (100%), Protein: 0.98g (1.96%), Manganese: 0.36mg (18.13%), Vitamin K: 8.22µg (7.83%), Potassium: 198.34mg (5.67%), Copper: 0.09mg (4.61%), Fiber: 1.09g (4.36%), Vitamin B6: 0.09mg (4.36%), Vitamin C: 3.28mg (3.98%), Magnesium: 15.1mg (3.77%), Vitamin B2: 0.06mg (3.31%), Vitamin B1: 0.05mg (3.31%), Iron: 0.54mg (2.99%), Phosphorus: 27.46mg (2.75%), Calcium: 24.64mg (2.46%), Vitamin B3: 0.24mg (1.22%)