



Chilled Peach Soup



Vegetarian



Gluten Free

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READY IN

ready

55 min.

SERVINGS

servings

10

CALORIES

calories

246 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup cooking wine dry white



1 teaspoon mint leaves fresh chopped



0.5 teaspoon ground cinnamon



0.3 teaspoon ground nutmeg



2 cups half-and-half cream



1 cup peach schnapps



10 peaches fresh sliced



0.5 cup sugar

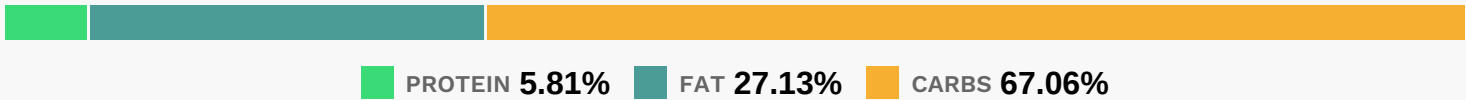
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place white wine, peach schnapps, sugar, mint leaves, cinnamon, nutmeg, and half-and-half together in a bowl, and stir until well blended and sugar is dissolved.
- ☐ Add sliced peaches, and transfer to a saucepan.
- ☐ Cook over medium heat for 15 minutes, stirring frequently and reducing heat if necessary to prevent scorching cream.
- ☐ Remove from heat when peaches are tender. Cool to a safe temperature for blending. Process in a blender or food processor until completely smooth. Cover, and refrigerate until ready to serve.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:20.03, Glycemic Load:12.28, Inflammation Score:-6, Nutrition Score:5.561739154484%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 7.56mg, Catechin: 7.56mg, Catechin: 7.56mg, Catechin: 7.56mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg 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: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 245.75kcal (12.29%), Fat: 6.02g (9.27%), Saturated Fat: 3.44g (21.53%), Carbohydrates: 33.49g (11.16%), Net Carbohydrates: 31.18g (11.34%), Sugar: 30.29g (33.65%), Cholesterol: 16.94mg (5.65%), Sodium: 50.35mg (2.19%), Alcohol: 2.47g (100%), Alcohol %: 1.22% (100%), Protein: 2.9g (5.81%), Vitamin A: 661.11IU (13.22%), Fiber: 2.31g (9.26%), Vitamin B2: 0.15mg (8.59%), Phosphorus: 83.48mg (8.35%), Vitamin E: 1.22mg (8.12%), Vitamin C: 6.59mg (7.99%), Potassium: 264.79mg (7.57%), Manganese: 0.14mg (6.97%), Selenium: 4.79µg (6.84%), Vitamin B3: 1.29mg (6.45%), Copper: 0.12mg (6.2%), Calcium: 61.17mg (6.12%), Vitamin K: 5.26µg (5.01%), Magnesium: 19.4mg (4.85%), Vitamin B5: 0.38mg (3.81%), Zinc: 0.57mg (3.78%), Vitamin B6: 0.07mg (3.7%), Vitamin B1: 0.05mg (3.46%), Iron: 0.61mg (3.41%), Folate: 10.75µg (2.69%), Vitamin B12: 0.09µg (1.53%)