



Chilled Peach Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



186 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon candied ginger diced
- 1.5 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 0.3 cup honey
- 3 tablespoons juice of lime
- 8 ounce vanilla yogurt low-fat
- 1 sprigs garnishes: mint peach fresh
- 2 cups orange juice

- 2 pounds peaches peeled coarsely chopped
- 3 cardamom seeds

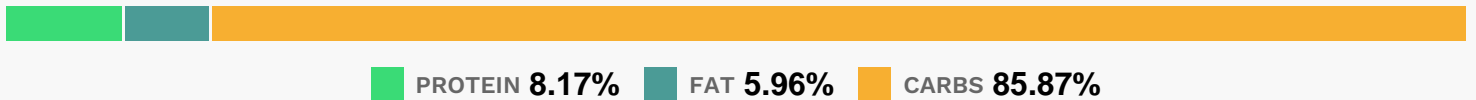
Equipment

- food processor
- sauce pan
- blender
- cheesecloth

Directions

- Place cardamom and cloves on a 6-inch square of cheesecloth; tie with string.
- Bring spice bag, chopped peaches, orange juice, and next 4 ingredients to a boil in a large saucepan. Reduce heat; simmer, stirring occasionally, 10 minutes or until peach is tender.
- Remove and discard spice bag; let peach mixture cool.
- Process peach mixture in batches in a blender or food processor until smooth; stir in yogurt and ginger. Cover and chill; garnish, if desired.
- *1/8 teaspoon ground cardamom may be substituted; stir in with cinnamon and ginger.

Nutrition Facts



Properties

Glycemic Index:24.92, Glycemic Load:15.69, Inflammation Score:-7, Nutrition Score:10.008260965347%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg, Catechin: 7.44mg Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg, Epigallocatechin: 1.57mg Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg, Epicatechin: 3.54mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 10.57mg, Hesperetin: 10.57mg, Hesperetin: 10.57mg, Hesperetin: 10.57mg Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.33mg

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 185.75kcal (9.29%), Fat: 1.32g (2.03%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 42.71g (14.24%), Net Carbohydrates: 39.85g (14.49%), Sugar: 37.22g (41.36%), Cholesterol: 1.89mg (0.63%), Sodium: 46.46mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.13%), Vitamin C: 50.23mg (60.88%), Manganese: 0.32mg (15.91%), Vitamin A: 686.9IU (13.74%), Potassium: 456.2mg (13.03%), Fiber: 2.87g (11.46%), Phosphorus: 100.96mg (10.1%), Folate: 39.33µg (9.83%), Vitamin B2: 0.16mg (9.14%), Calcium: 87.47mg (8.75%), Vitamin B1: 0.13mg (8.59%), Copper: 0.17mg (8.51%), Vitamin B3: 1.66mg (8.3%), Vitamin E: 1.17mg (7.82%), Selenium: 5.43µg (7.76%), Magnesium: 29.27mg (7.32%), Vitamin B5: 0.62mg (6.2%), Zinc: 0.76mg (5.09%), Iron: 0.89mg (4.93%), Vitamin B6: 0.1mg (4.86%), Vitamin K: 4.86µg (4.63%), Vitamin B12: 0.2µg (3.34%)