



Chilled Raspberry Soup

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



1

CALORIES



1124 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup cranberry juice cocktail dry red
- 4 cups raspberries
- 1 cup cream sour
- 0.5 cup sugar

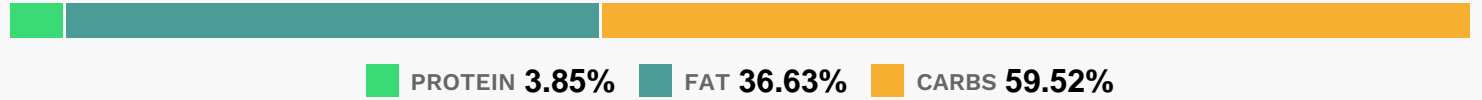
Equipment

- bowl
- blender

Directions

- Place raspberries, sugar and wine in blender. Cover and blend on high speed until smooth.
- Pour raspberry mixture into bowl; stir in sour cream. Cover and refrigerate 1 to 2 hours or until cold.
- Serve topped with dollops of additional sour cream and raspberries if desired.

Nutrition Facts



Properties

Glycemic Index:156.09, Glycemic Load:81.67, Inflammation Score:-9, Nutrition Score:32.783478405165%

Flavonoids

Cyanidin: 219.93mg, Cyanidin: 219.93mg, Cyanidin: 219.93mg, Cyanidin: 219.93mg Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 6.34mg, Delphinidin: 6.34mg, Delphinidin: 6.34mg, Delphinidin: 6.34mg Malvidin: 0.62mg, Malvidin: 0.62mg, Malvidin: 0.62mg, Malvidin: 0.62mg Pelargonidin: 4.72mg, Pelargonidin: 4.72mg, Pelargonidin: 4.72mg, Pelargonidin: 4.72mg Peonidin: 0.84mg, Peonidin: 0.84mg, Peonidin: 0.84mg, Peonidin: 0.84mg Catechin: 6.41mg, Catechin: 6.41mg, Catechin: 6.41mg, Catechin: 6.41mg Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg Epicatechin: 17.52mg, Epicatechin: 17.52mg, Epicatechin: 17.52mg, Epicatechin: 17.52mg Epigallocatechin 3-gallate: 2.59mg, Epigallocatechin 3-gallate: 2.59mg, Epigallocatechin 3-gallate: 2.59mg, Epigallocatechin 3-gallate: 2.59mg 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: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 1124.16kcal (56.21%), Fat: 48.12g (74.04%), Saturated Fat: 23.33g (145.79%), Carbohydrates: 175.91g (58.64%), Net Carbohydrates: 144.71g (52.62%), Sugar: 136.39g (151.54%), Cholesterol: 135.7mg (45.23%), Sodium: 78.36mg (3.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.74%), Vitamin C: 154.58mg (187.38%), Manganese: 3.28mg (163.78%), Fiber: 31.2g (124.8%), Vitamin K: 41.52µg (39.55%), Calcium: 355.2mg (35.52%), Vitamin E: 5.19mg (34.59%), Vitamin B2: 0.59mg (34.58%), Magnesium: 129.23mg (32.31%), Vitamin A: 1596.36IU (31.93%), Phosphorus: 314.63mg (31.46%), Potassium: 1023.16mg (29.23%), Folate: 114.6µg (28.65%), Copper: 0.49mg (24.34%), Vitamin B5: 2.38mg (23.85%), Iron: 3.59mg (19.92%), Zinc: 2.8mg (18.69%), Vitamin B6: 0.36mg (17.92%), Vitamin B3: 3.11mg (15.55%), Selenium: 10.2µg (14.57%), Vitamin B1: 0.2mg (13.31%), Vitamin B12: 0.48µg (8.05%)