



Chilled Raspberry Soup

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



3

CALORIES



375 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

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

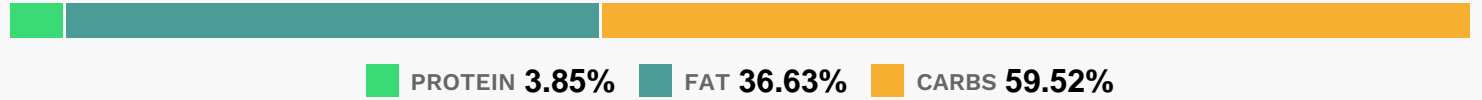
Equipment

- 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:52.03, Glycemic Load:27.22, Inflammation Score:-7, Nutrition Score:13.477391191151%

Flavonoids

Cyanidin: 73.31mg, Cyanidin: 73.31mg, Cyanidin: 73.31mg, Cyanidin: 73.31mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 2.11mg, Delphinidin: 2.11mg, Delphinidin: 2.11mg, Delphinidin: 2.11mg Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg, Malvidin: 0.21mg Pelargonidin: 1.57mg, Pelargonidin: 1.57mg, Pelargonidin: 1.57mg, Pelargonidin: 1.57mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 374.72kcal (18.74%), Fat: 16.04g (24.68%), Saturated Fat: 7.78g (48.6%), Carbohydrates: 58.64g (19.55%), Net Carbohydrates: 48.24g (17.54%), Sugar: 45.46g (50.51%), Cholesterol: 45.23mg (15.08%), Sodium: 26.12mg (1.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin C: 51.53mg (62.46%), Manganese: 1.09mg (54.59%), Fiber: 10.4g (41.6%), Vitamin K: 13.84µg (13.18%), Calcium: 118.4mg (11.84%), Vitamin E: 1.73mg (11.53%), Vitamin B2: 0.2mg (11.53%), Magnesium: 43.08mg (10.77%), Vitamin A: 532.12IU (10.64%), Phosphorus: 104.88mg (10.49%), Potassium: 341.05mg (9.74%), Folate: 38.2µg (9.55%), Copper: 0.16mg (8.11%), Vitamin B5: 0.8mg (7.95%), Iron: 1.2mg (6.64%), Zinc: 0.93mg (6.23%), Vitamin B6: 0.12mg (5.97%), Vitamin B3: 1.04mg (5.18%), Selenium: 3.4µg (4.86%), Vitamin B1: 0.07mg (4.44%), Vitamin B12: 0.16µg (2.68%)