



Chilled Strawberry-Ginger Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



134 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon ginger fresh grated



0.3 cup honey



0.5 cup orange juice concentrate frozen



15 ounce pear halves in juice undrained canned



16 ounce strawberries unsweetened frozen thawed

Equipment



blender

Directions

☐ Combine all ingredients in container of an electric blender. Cover and process until smooth, stopping once to scrape down sides. Cover and chill 1 hour.

Nutrition Facts



PROTEIN 3.14% **FAT 1.83%** **CARBS 95.03%**

Properties

Glycemic Index:17.88, Glycemic Load:7.81, Inflammation Score:-5, Nutrition Score:8.6634781982588%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 133.57kcal (6.68%), Fat: 0.29g (0.45%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 34.42g (11.47%), Net Carbohydrates: 32.55g (11.83%), Sugar: 27.5g (30.56%), Cholesterol: 0mg (0%), Sodium: 8.8mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.28%), Vitamin C: 102.85mg (124.67%), Manganese: 0.32mg (15.86%), Potassium: 368.85mg (10.54%), Folate: 39.61µg (9.9%), Fiber: 1.87g (7.48%), Magnesium: 24.57mg (6.14%), Vitamin B1: 0.09mg (6.04%), Vitamin B6: 0.11mg (5.47%), Copper: 0.1mg (5.2%), Vitamin B2: 0.09mg (5%), Phosphorus: 42.05mg (4.2%), Vitamin K: 4.17µg (3.97%), Vitamin B3: 0.79mg (3.94%), Calcium: 30.63mg (3.06%), Vitamin E: 0.43mg (2.85%), Iron: 0.45mg (2.52%), Vitamin B5: 0.24mg (2.39%), Vitamin A: 98.77IU (1.98%), Zinc: 0.24mg (1.57%), Selenium: 0.8µg (1.15%)