



Chilled Strawberry Soup

 Vegetarian  Gluten Free

READY IN



480 min.

SERVINGS



6

CALORIES



252 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup heavy cream
- 2 cups milk
- 0.5 cup cup heavy whipping cream sour
- 2 cups strawberries frozen
- 2 tablespoons sugar white to taste

Equipment

- food processor
- blender

Directions

- Puree strawberries, milk, cream and sour cream in a blender or food processor until smooth. Stir in sugar to taste. Chill 8 hours or overnight in refrigerator before serving.

Nutrition Facts

PROTEIN 7.07% **FAT 72.15%** **CARBS 20.78%**

Properties

Glycemic Index:24.68, Glycemic Load:5.33, Inflammation Score:-6, Nutrition Score:7.7039129785869%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 252.38kcal (12.62%), Fat: 20.8g (32%), Saturated Fat: 12.58g (78.62%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 12.52g (4.55%), Sugar: 12.06g (13.4%), Cholesterol: 65.89mg (21.96%), Sodium: 48.08mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Vitamin C: 28.63mg (34.71%), Vitamin A: 840.03IU (16.8%), Calcium: 153.3mg (15.33%), Vitamin B2: 0.23mg (13.55%), Phosphorus: 131.24mg (13.12%), Vitamin D: 1.53µg (10.2%), Manganese: 0.19mg (9.56%), Vitamin B12: 0.54µg (9.05%), Potassium: 257.16mg (7.35%), Vitamin B5: 0.53mg (5.29%), Selenium: 3.66µg (5.23%), Magnesium: 20.69mg (5.17%), Vitamin B6: 0.09mg (4.7%), Vitamin B1: 0.07mg (4.59%), Vitamin E: 0.62mg (4.12%), Fiber: 0.96g (3.84%), Zinc: 0.56mg (3.73%), Folate: 14.26µg (3.56%), Vitamin K: 2.86µg (2.72%), Copper: 0.03mg (1.6%), Vitamin B3: 0.31mg (1.57%), Iron: 0.25mg (1.4%)