



Chilled Strawberry Soup

 Vegetarian  Gluten Free

READY IN



130 min.

SERVINGS



10

CALORIES



185 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 servings garnishes: olive oil fresh freshly ground sliced
- ☐ 1 cup greek yogurt plain
- ☐ 0.5 cup mirin
- ☐ 3 cups strawberries fresh sliced
- ☐ 0.3 cup sugar

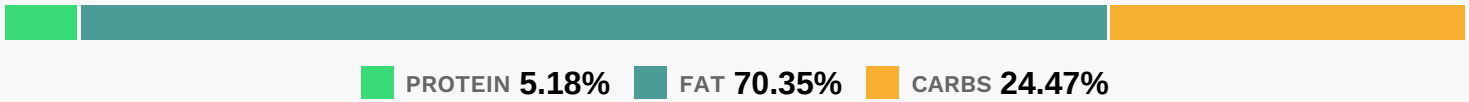
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐
- Process 3 cups sliced fresh strawberries, Greek yogurt, Riesling, and sugar in a blender or food processor until smooth, stopping to scrape down sides as needed. Cover and chill 2 hours.
- ☐
- Garnish with a drizzle of olive oil, freshly ground pepper, and sliced fresh strawberries.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:5.64, Inflammation Score:-2, Nutrition Score:4.2804348310051%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 185.05kcal (9.25%), Fat: 14.22g (21.88%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 10.27g (3.73%), Sugar: 9.42g (10.47%), Cholesterol: 1mg (0.33%), Sodium: 7.98mg (0.35%), Alcohol: 1.14g (100%), Alcohol %: 1.51% (100%), Protein: 2.36g (4.72%), Vitamin C: 25.4mg (30.79%), Vitamin E: 2.14mg (14.29%), Vitamin K: 9.38µg (8.93%), Manganese: 0.17mg (8.44%), Vitamin B2: 0.07mg (3.94%), Phosphorus: 37.57mg (3.76%), Fiber: 0.86g (3.46%), Selenium: 2.19µg (3.13%), Folate: 11.77µg (2.94%), Calcium: 29.32mg (2.93%), Potassium: 94.57mg (2.7%), Vitamin B12: 0.14µg (2.33%), Magnesium: 7.82mg (1.95%), Vitamin B6: 0.03mg (1.66%), Iron: 0.27mg (1.52%), Copper: 0.02mg (1.23%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.17mg (1.11%), Vitamin B3: 0.21mg (1.04%)