



Chilled Tomato and Stone Fruit Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds beefsteak tomatoes quartered (4)
- 6 servings pepper black freshly ground
- 1 large cucumber english peeled seeded cut into pieces
- 0.5 garlic clove
- 0.5 jalapeno with seeds for a spicier soup), chopped seeded
- 1.5 teaspoon kosher salt plus more
- 0.3 cup olive oil extra virgin extra-virgin plus more
- 1 large peaches ripe peeled halved

- 6 servings sea salt (such as Maldon)
- 2 tablespoons sherry vinegar white ()

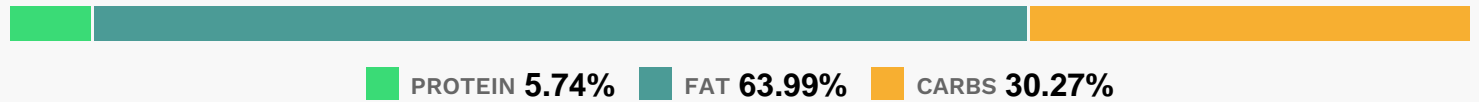
Equipment

- bowl
- blender

Directions

- Pulse tomatoes in a blender until finely chopped and transfer to a large bowl. Pulse cucumber, peach, jalapeño, garlic, and cherries in blender until finely chopped and add to bowl with tomatoes.
- Mix in vinegar, 1/4 cup oil, 1 1/2 teaspoon kosher salt, and 1 cup cold water; season with pepper. Cover and let sit at room temperature 1 hour, or chill at least 12 hours.
- Season soup with kosher salt, pepper, and more oil and vinegar, if desired.
- Serve soup drizzled with oil and seasoned with sea salt and pepper.
- DO AHEAD: Soup can be made 2 days ahead. Cover and chill

Nutrition Facts



Properties

Glycemic Index: 31.21, Glycemic Load: 2.71, Inflammation Score: -8, Nutrition Score: 8.4056522327921%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 126.54kcal (6.33%), Fat: 9.46g (14.56%), Saturated Fat: 1.3g (8.12%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 7.43g (2.7%), Sugar: 7.12g (7.91%), Cholesterol: 0mg (0%), Sodium: 788.12mg (34.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin C: 24.89mg (30.17%), Vitamin A: 1401.3IU (28.03%), Vitamin K: 21.98µg (20.93%), Vitamin E: 2.38mg (15.88%), Potassium: 464.81mg (13.28%), Manganese: 0.25mg (12.33%), Fiber: 2.64g (10.57%), Vitamin B6: 0.16mg (8.02%), Folate: 31.3µg (7.83%), Copper: 0.15mg (7.44%), Magnesium: 25.19mg (6.3%), Vitamin B3: 1.17mg (5.84%), Phosphorus: 53.75mg (5.37%), Vitamin B1: 0.08mg (5.23%), Iron: 0.71mg (3.92%), Vitamin B5: 0.3mg (2.98%), Vitamin B2: 0.05mg (2.98%), Zinc: 0.41mg (2.75%), Calcium: 24.73mg (2.47%), Selenium: 0.71µg (1.01%)