



## Chilled Watermelon Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



69 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup apple juice
- 1 teaspoon mint leaves fresh chopped
- 0.3 teaspoon ground ginger
- 2 tablespoons juice of lime fresh
- 0.3 cup nonfat yogurt plain
- 4 cups watermelon cubes seeded

### Equipment

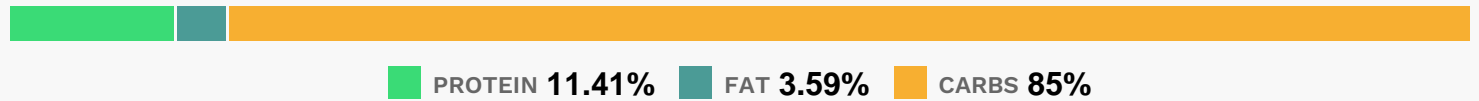
- food processor

- bowl
- blender

## Directions

- Process first 5 ingredients and honey, if desired, in a blender or food processor until smooth, stopping to scrape down sides. Cover and chill 1 hour.
- Serve in individual bowls with a dollop of yogurt.

## Nutrition Facts



## Properties

Glycemic Index:28.85, Glycemic Load:9.05, Inflammation Score:-6, Nutrition Score:4.4773913356273%

## Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 68.85kcal (3.44%), Fat: 0.3g (0.47%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.41g (5.6%), Sugar: 13.11g (14.57%), Cholesterol: 0.41mg (0.14%), Sodium: 18.26mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin C: 14.94mg (18.11%), Vitamin A: 871.37IU (17.43%), Potassium: 253.74mg (7.25%), Manganese: 0.12mg (5.87%), Calcium: 54.18mg (5.42%), Magnesium: 21mg (5.25%), Phosphorus: 51.5mg (5.15%), Vitamin B2: 0.08mg (4.98%), Vitamin B5: 0.49mg (4.87%), Vitamin B1: 0.07mg (4.42%), Vitamin B6: 0.09mg (4.33%), Copper: 0.07mg (3.6%), Fiber: 0.7g (2.8%), Iron: 0.44mg (2.45%), Zinc: 0.37mg (2.43%), Vitamin B12: 0.12µg (2.08%), Selenium: 1.44µg (2.06%), Folate: 7.8µg (1.95%), Vitamin B3: 0.33mg (1.67%)