



Chilled Watermelon Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 teaspoons feta cheese crumbled
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 teaspoon ginger chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup seltzer water (or sparkling water)
- ☐ 1 tablespoon sugar
- ☐ 9 cups seeded/seedless watermelon diced red yellow seedless
- ☐ 1 cup wine mixed sweet with 1/4 cup sugar (such as Riesling)

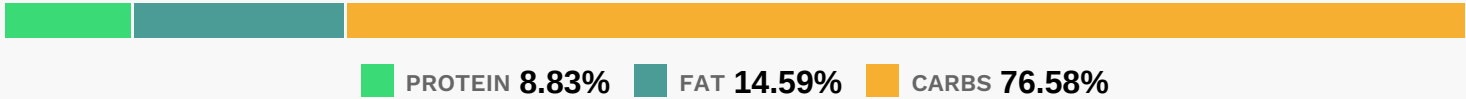
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine 1 cup of the watermelon with mint and sugar in a bowl. Set aside. Blend remaining 8 cups watermelon, lemon juice, wine, and ginger in a blender until smooth.
- ☐ Let sit 1/2 hour. Strain soup; divide among 8 bowls. Top each with 1/8 cup reserved watermelon and 1 teaspoon feta.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:25.22, Glycemic Load:10.35, Inflammation Score:-7, Nutrition Score:4.7117391073185%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 96.64kcal (4.83%), Fat: 1.34g (2.07%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 15.06g (5.48%), Sugar: 12.49g (13.87%), Cholesterol: 4.39mg (1.46%), Sodium: 61.42mg (2.67%), Alcohol: 3.09g (100%), Alcohol %: 1.78% (100%), Protein: 1.83g (3.66%), Vitamin A: 1047.11IU (20.94%), Vitamin C: 15.71mg (19.05%), Potassium: 228.07mg (6.52%), Manganese: 0.12mg (5.87%), Vitamin B6: 0.12mg (5.83%), Magnesium: 22.44mg (5.61%), Vitamin B2: 0.09mg (5.07%), Vitamin B1: 0.07mg (4.5%), Vitamin B5: 0.45mg (4.49%), Calcium: 42.66mg (4.27%), Phosphorus: 42.12mg (4.21%), Copper: 0.08mg (4.02%), Iron: 0.59mg (3.29%), Fiber: 0.8g (3.2%), Zinc: 0.37mg (2.49%), Folate: 9.21µg (2.3%), Selenium: 1.47µg (2.1%), Vitamin B3: 0.41mg (2.06%),

Vitamin B12: 0.08µg (1.39%)