



## Cold Peach Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



480 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup blueberries fresh
- 1.5 cups chablis wine dry white
- 1 pieces stick cinnamon (3-inch)
- 2 tablespoons cornstarch
- 3 pounds peaches fresh divided peeled sliced
- 0.8 cup sugar
- 0.3 cup water cold
- 1.5 cups water

1 cup whipping cream

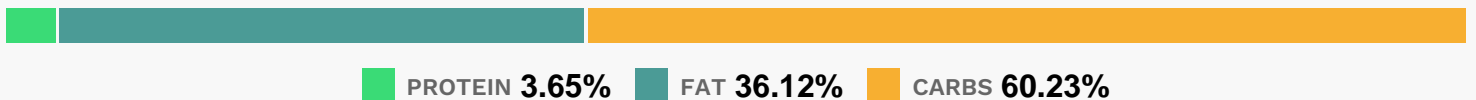
## Equipment

- bowl
- sauce pan
- ladle
- whisk
- mixing bowl
- blender

## Directions

- Combine 1 1/2 cups water, sugar, cinnamon, and cloves in a small saucepan; place over medium heat, and bring to a boil. Reduce heat, and simmer 10 minutes, stirring occasionally.
- Dissolve cornstarch in 1/4 cup cold water, stirring well.
- Add to syrup in saucepan, stirring with a wire whisk; return mixture to a boil.
- Remove from heat, and stir in wine. Cool to room temperature.
- Remove cinnamon and cloves; discard. Set aside 1 cup syrup.
- Combine 2 cups peach slices and remaining syrup in a large mixing bowl; set aside.
- Place remaining peach slices and reserved 1 cup syrup in container of an electric blender; process until smooth.
- Combine with peach slices and syrup. Cover and chill thoroughly.
- Ladle into chilled serving bowls.
- Garnish each serving with a dollop of whipped cream; sprinkle with blueberries.
- Serve immediately.
- Note: Frozen peaches and blueberries may be substituted for fresh, if desired.

## Nutrition Facts



## Properties

Glycemic Index:34.07, Glycemic Load:32.08, Inflammation Score:-8, Nutrition Score:10.853912975477%

## Flavonoids

Cyanidin: 7.73mg, Cyanidin: 7.73mg, Cyanidin: 7.73mg, Cyanidin: 7.73mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.05mg, Malvidin: 20.05mg, Malvidin: 20.05mg, Malvidin: 20.05mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 15.51mg, Catechin: 15.51mg, Catechin: 15.51mg, Catechin: 15.51mg Epigallocatechin: 3.03mg, Epigallocatechin: 3.03mg, Epigallocatechin: 3.03mg, Epigallocatechin: 3.03mg Epicatechin: 6.95mg, Epicatechin: 6.95mg, Epicatechin: 6.95mg, Epicatechin: 6.95mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 480.24kcal (24.01%), Fat: 18.12g (27.87%), Saturated Fat: 11.01g (68.81%), Carbohydrates: 67.97g (22.66%), Net Carbohydrates: 63.04g (22.92%), Sugar: 57.81g (64.23%), Cholesterol: 53.79mg (17.93%), Sodium: 56.88mg (2.47%), Alcohol: 7.42g (100%), Alcohol %: 1.75% (100%), Protein: 4.11g (8.23%), Vitamin A: 1603.52IU (32.07%), Fiber: 4.93g (19.71%), Manganese: 0.39mg (19.4%), Vitamin C: 14.32mg (17.36%), Vitamin E: 2.6mg (17.32%), Vitamin K: 15.75µg (15%), Potassium: 452.72mg (12.93%), Copper: 0.25mg (12.74%), Vitamin B3: 2.43mg (12.14%), Vitamin B2: 0.2mg (11.92%), Selenium: 7.52µg (10.74%), Phosphorus: 104.54mg (10.45%), Magnesium: 35.12mg (8.78%), Iron: 1.3mg (7.2%), Vitamin B6: 0.14mg (6.82%), Vitamin B5: 0.61mg (6.08%), Vitamin B1: 0.09mg (5.96%), Zinc: 0.89mg (5.94%), Calcium: 55.41mg (5.54%), Folate: 20.74µg (5.19%), Vitamin D: 0.76µg (5.08%), Vitamin B12: 0.08µg (1.27%)