



Cold Watermelon Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



15 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon chervil leaves
- ☐ 2 tablespoons juice of lime freshly squeezed
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 20 servings salt
- ☐ 20 servings shiso leaves shredded for garnish
- ☐ 20 servings tabasco
- ☐ 1.5 pounds watermelon diced seedless chilled
- ☐ 0.5 teaspoon xanthan gum

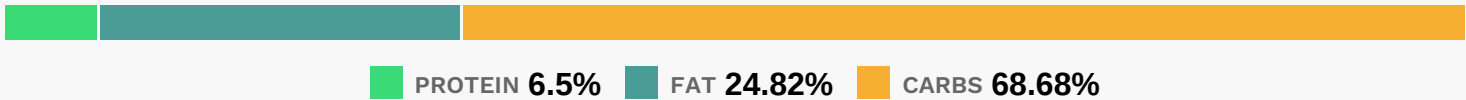
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ In a blender, puree the diced watermelon with the fresh lime juice, chervil leaves and extra-virgin olive oil until the mixture is very smooth. Set a fine-mesh strainer over a large bowl and strain the watermelon puree, pressing very lightly on the solids to extract the watermelon juice without pushing the pulp through.
- ☐ Rinse out the blender and return the strained watermelon juice to it. With the blender on, add the xanthan gum and blend until slightly thickened, about 15 seconds.
- ☐ Transfer the watermelon soup to a pitcher and season with Tabasco and salt. Refrigerate until the soup is well-chilled, about 20 minutes.
- ☐ Serve the soup in bowls, garnished with chervil or shredded shiso leaves.

Nutrition Facts



Properties

Glycemic Index:3.73, Glycemic Load:1.82, Inflammation Score:-2, Nutrition Score:0.90826086635175%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 14.97kcal (0.75%), Fat: 0.46g (0.71%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.65g (0.96%), Sugar: 2.14g (2.37%), Cholesterol: 0mg (0%), Sodium: 199.18mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin A: 209.11IU (4.18%), Vitamin C: 3.41mg (4.13%), Potassium: 52.14mg (1.49%)