

Cool Melon Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup roasted almond oil extra-virgin
- ☐ 0.3 cup almonds lightly toasted
- ☐ 2 pound bitter melon very ripe (such as Cavaillon and Charentais)
- ☐ 8 servings herbs: rosemary fresh such as chervil sprigs or micro basil
- ☐ 8 servings sea salt
- ☐ 8 servings sherry vinegar
- ☐ 0.5 cup silken tofu
- ☐ 0.3 cup soya sauce white

- ☐ 6 tablespoons butter unsalted ()
- ☐ 1 medium onion white halved thinly sliced

Equipment

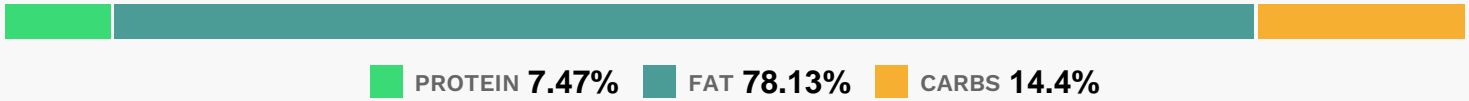
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ kitchen thermometer
- ☐ melon baller

Directions

- ☐ Set a fine-mesh strainer over a small bowl. Press tofu through strainer into bowl. Stir in white soy sauce. Cover and chill. DO AHEAD:Can be made 4 hours ahead. Keep chilled.
- ☐ Set a medium-mesh strainer over a medium bowl. Halve melons horizontally. Scrape seeds, strings, and juices from center of each melon half into strainer. Press lightly on mixture in strainer to release juices. Discard solids in strainer. Reserve juices.
- ☐ Using a small melon baller, scoop out 18 balls from 1 melon half.
- ☐ Place melon balls in a small bowl; season lightly with sea salt and vinegar and gently toss.
- ☐ Let stand at room temperature for 30 minutes.
- ☐ Drain; transfer to a small bowl and reserve.
- ☐ Meanwhile, cut rind from remaining 3 melon halves and cut flesh into 2" pieces. Melt butter in a large pot over medium-low heat.
- ☐ Add onion and cook, stirring frequently, until onion is translucent but not browned, about 10 minutes.
- ☐ Cut a parchment-paper round just large enough to cover surface of soup in pot.
- ☐ Add melon pieces with reserved juices to pot. Cover pot with parchment-paper round. Simmer, stirring occasionally, until melon is soft but not mushy and an instant-read thermometer inserted into melon reads 150°, about 15 minutes.

- ☐ Let cool slightly.
- ☐ Working in batches, purée soup in a blender until smooth. Set a fine-mesh strainer over a large bowl. Strain soup. Season to taste with sea salt. Cover and chill, along with serving bowls, until cold, about 4 hours.
- ☐ Ladle soup into chilled bowls. Spoon 1 heaping teaspoons of the tofu mixture into center. Top with a few toasted almonds and 3 melon balls.
- ☐ Drizzle almond oil over and garnish with fresh herbs.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:15.417826154958%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 201.03kcal (10.05%), Fat: 18.2g (28.01%), Saturated Fat: 6.19g (38.67%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 3.38g (1.23%), Sugar: 1.13g (1.26%), Cholesterol: 22.58mg (7.53%), Sodium: 609.57mg (26.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.83%), Vitamin C: 101.62mg (123.17%), Vitamin K: 66.87µg (63.68%), Vitamin E: 4.09mg (27.27%), Folate: 93.93µg (23.48%), Vitamin A: 1133.78IU (22.68%), Fiber: 4.17g (16.69%), Manganese: 0.27mg (13.33%), Potassium: 457.15mg (13.06%), Magnesium: 42.32mg (10.58%), Phosphorus: 84.47mg (8.45%), Zinc: 1.23mg (8.22%), Vitamin B2: 0.12mg (7.32%), Iron: 1.25mg (6.95%), Copper: 0.14mg (6.93%), Vitamin B1: 0.08mg (5.59%), Calcium: 51.22mg (5.12%), Vitamin B3: 1.02mg (5.09%), Vitamin B6: 0.09mg (4.57%), Vitamin B5: 0.33mg (3.33%), Vitamin D: 0.16µg (1.05%)