



Cool Summer-Berry Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 0.5 cup cranberry-raspberry juice drink
- ☐ 2 teaspoons cranberry-raspberry juice drink
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 2 cups raspberries fresh
- ☐ 2 cups strawberries fresh halved
- ☐ 8 ounce carton strawberry yogurt low-fat

- ☐ 0.3 cup sugar
- ☐ 2 teaspoons sugar

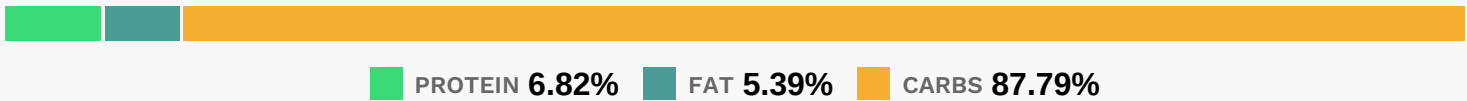
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ To prepare soup, place first 3 ingredients in a blender, and process until smooth. Strain the raspberry mixture through a sieve into a medium saucepan. Stir in wine, 1/4 cup sugar, and cinnamon. Bring to a boil over medium heat; cook 2 minutes.
- ☐ Remove from heat.
- ☐ Place in a large bowl; cover and chill 3 hours. Stir in yogurt.
- ☐ To prepare the garnish, place blueberries and remaining ingredients in a blender; process until smooth. Strain blueberry mixture through a sieve.
- ☐ Spoon 1 cup soup into each of 4 bowls.
- ☐ Drizzle each serving with 1 tablespoon garnish.

Nutrition Facts



Properties

Glycemic Index:94.55, Glycemic Load:16.82, Inflammation Score:-6, Nutrition Score:11.579565265904%

Flavonoids

Cyanidin: 31.8mg, Cyanidin: 31.8mg, Cyanidin: 31.8mg, Cyanidin: 31.8mg Petunidin: 11.93mg, Petunidin: 11.93mg, Petunidin: 11.93mg, Petunidin: 11.93mg Delphinidin: 14.12mg, Delphinidin: 14.12mg, Delphinidin: 14.12mg, Delphinidin: 14.12mg Malvidin: 25.11mg, Malvidin: 25.11mg, Malvidin: 25.11mg, Malvidin: 25.11mg Pelargonidin: 18.48mg, Pelargonidin: 18.48mg, Pelargonidin: 18.48mg Peonidin: 7.62mg, Peonidin: 7.62mg, Peonidin: 7.62mg, Peonidin: 7.62mg Catechin: 5.21mg, Catechin: 5.21mg, Catechin: 5.21mg, Catechin: 5.21mg

Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg
Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg Epicatechin 3–gallate: 0.11mg,
Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–
gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate:
0.4mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.3mg,
Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg,
Luteolin: 0.07mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin:
0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin:
4.28mg, Quercetin: 4.28mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin:
0.07mg

Nutrients (% of daily need)

Calories: 229.44kcal (11.47%), Fat: 1.33g (2.05%), Saturated Fat: 0.32g (2%), Carbohydrates: 48.75g (16.25%), Net
Carbohydrates: 42.29g (15.38%), Sugar: 38.5g (42.78%), Cholesterol: 5.1mg (1.7%), Sodium: 35.21mg (1.53%),
Alcohol: 3.09g (100%), Alcohol %: 1.29% (100%), Protein: 3.79g (7.57%), Vitamin C: 64.82mg (78.57%), Manganese:
0.85mg (42.54%), Fiber: 6.47g (25.86%), Vitamin K: 15.28µg (14.56%), Potassium: 377.74mg (10.79%), Vitamin B2:
0.17mg (9.96%), Calcium: 96.18mg (9.62%), Phosphorus: 93.22mg (9.32%), Vitamin E: 1.35mg (9.02%), Folate:
32.74µg (8.19%), Magnesium: 29.86mg (7.47%), Copper: 0.13mg (6.54%), Vitamin B6: 0.12mg (5.95%), Iron: 1.07mg
(5.92%), Vitamin B12: 0.29µg (4.91%), Vitamin B3: 0.86mg (4.28%), Vitamin B1: 0.05mg (3.65%), Vitamin B5: 0.35mg
(3.47%), Zinc: 0.48mg (3.23%), Vitamin A: 81.54IU (1.63%)