



Creamy Cantaloupe Dessert Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups cantaloupe cubed (2 large)
- ☐ 0.3 cup orange-passion fruit juice
- ☐ 2 tablespoons powdered sugar
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 0.3 cup whipping cream
- ☐ 2 tablespoons sauterne sweet

Equipment

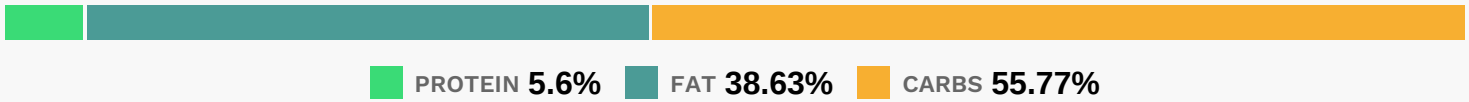
- ☐ bowl

- ☐ ladle
- ☐ blender

Directions

- ☐ Place 3 cups cantaloupe, juice, and wine in container of an electric blender; cover and process until smooth, stopping once to scrape down sides.
- ☐ Add remaining 3 cups cantaloupe; cover and process until smooth.
- ☐ Combine whipping cream and powdered sugar in a large bowl; stir in cantaloupe mixture. Cover and chill. To serve, ladle soup into individual bowls. Top each serving with 1 teaspoon sour cream.
- ☐ Garnish with roses, if desired.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:9.56, Inflammation Score:-10, Nutrition Score:10.188695581063%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 147.65kcal (7.38%), Fat: 6.55g (10.07%), Saturated Fat: 3.99g (24.94%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 19.7g (7.16%), Sugar: 20.52g (22.8%), Cholesterol: 19.35mg (6.45%), Sodium: 63.73mg (2.77%), Alcohol: 0.62g (100%), Alcohol %: 0.34% (100%), Protein: 2.14g (4.27%), Vitamin A: 6830.18IU (136.6%), Vitamin C: 24.73mg (29.97%), Potassium: 358.17mg (10.23%), Copper: 0.17mg (8.62%), Vitamin B3: 1.53mg (7.66%), Magnesium: 29.01mg (7.25%), Folate: 28.58µg (7.15%), Vitamin B1: 0.1mg (6.54%), Fiber: 1.56g (6.24%), Vitamin B2: 0.1mg (6.08%), Zinc: 0.9mg (6.03%), Vitamin K: 5.8µg (5.52%), Selenium: 3.87µg (5.52%), Phosphorus: 46.35mg (4.64%), Vitamin B6: 0.09mg (4.63%), Iron: 0.79mg (4.42%), Manganese: 0.09mg (4.31%), Calcium: 31.24mg (3.12%), Vitamin B5: 0.25mg (2.53%), Vitamin D: 0.25µg (1.69%), Vitamin E: 0.25mg (1.68%)