



Creamy Peach Soup With Raspberry Coulis

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



174 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1.8 cups ginger ale divided
- ☐ 0.5 cup grape juice concentrate white frozen
- ☐ 16 ounce peaches unsweetened frozen thawed
- ☐ 2 tablespoons powdered sugar
- ☐ 14 ounce raspberries unsweetened frozen thawed
- ☐ 8 ounce carton vanilla yogurt low-fat

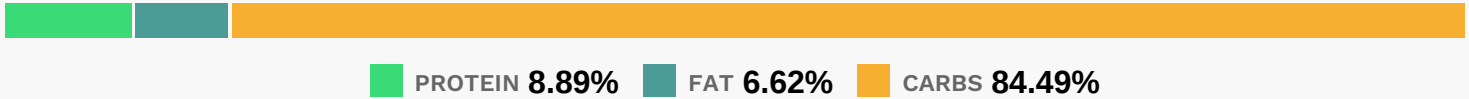
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ sieve
- ☐ spatula

Directions

- ☐ Add first 3 ingredients and 1/2 cup ginger ale to food processor bowl; puree until smooth. Cover and chill.
- ☐ Pour raspberry mixture through a fine wire-mesh strainer into a small bowl. Use a rubber spatula against sides of strainer to extract juice; discard seeds. Cover and chill.
- ☐ Place peaches, yogurt, and grape juice concentrate in food processor bowl; puree until smooth. Cover and chill 1 hour.
- ☐ Add remaining 1 1/4 cups ginger ale to peach mixture just before serving, stirring well. To serve, ladle about 1 cup peach mixture into each of 5 individual serving bowls; drizzle each with 1/4 cup raspberry coulis.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.85, Glycemic Load:8.81, Inflammation Score:-5, Nutrition Score:9.7486957881762%

Flavonoids

Cyanidin: 38.3mg, Cyanidin: 38.3mg, Cyanidin: 38.3mg, Cyanidin: 38.3mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 2.93mg, Malvidin: 2.93mg, Malvidin: 2.93mg, Malvidin: 2.93mg Pelargonidin: 0.78mg, Pelargonidin: 0.78mg, Pelargonidin: 0.78mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg, Catechin: 5.71mg Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg, Epigallocatechin: 1.31mg Epicatechin: 5.06mg, Epicatechin: 5.06mg, Epicatechin: 5.06mg Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg, Epigallocatechin 3-gallate: 0.7mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg

Myricetin: 0.18mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 174.22kcal (8.71%), Fat: 1.36g (2.09%), Saturated Fat: 0.4g (2.53%), Carbohydrates: 39.06g (13.02%), Net Carbohydrates: 32.49g (11.81%), Sugar: 31.48g (34.98%), Cholesterol: 2.27mg (0.76%), Sodium: 49.65mg (2.16%), Alcohol: 0.07g (100%), Alcohol %: 0.03% (100%), Protein: 4.11g (8.22%), Manganese: 0.66mg (33.04%), Vitamin C: 24.9mg (30.19%), Fiber: 6.57g (26.28%), Phosphorus: 107.77mg (10.78%), Calcium: 106.35mg (10.64%), Potassium: 357.37mg (10.21%), Vitamin E: 1.36mg (9.08%), Vitamin B2: 0.15mg (9.06%), Magnesium: 35.36mg (8.84%), Vitamin K: 9.06µg (8.63%), Copper: 0.17mg (8.39%), Vitamin A: 343.47IU (6.87%), Folate: 27.1µg (6.78%), Vitamin B5: 0.66mg (6.63%), Zinc: 0.98mg (6.52%), Vitamin B3: 1.29mg (6.44%), Selenium: 4.39µg (6.27%), Iron: 1.1mg (6.12%), Vitamin B6: 0.09mg (4.74%), Vitamin B1: 0.07mg (4.7%), Vitamin B12: 0.24µg (4.01%)