



 **53%**
HEALTH SCORE

Fresh Fruit Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup chickpeas drain and rinse for at least 6- 8 hours,
- 1 cup pinto beans
- 2 peaches peeled cut in chunks
- 2 plums peeled cut in chunks
- 2 nectarines cut in chunks
- 4 apricots cut in chunks
- 1 cup parsley packed chopped
- 1 cup spring onion packed chopped

- 1 medium onion thinly sliced
- 2 garlic clove minced
- 6 servings salt and pepper
- 1 pinch pepper red
- 1 dash cardamom crushed
- 1 teaspoon turmeric
- 1 cup soup noodles thin
- 6 servings olive oil
- 6 servings water
- 2 tablespoons juice of lime freshly squeezed

Equipment

- frying pan
- pot

Directions

- After beans have been soaked place them into a large pot, add 6 cups of water covering the beans. Bring to a boil, reduce heat to medium, cover and cook for 50 minutes.
- Add the chopped vegetables, stir.
- In a small skillet, heat 2 tablespoons of olive oil and saute onions until golden brown.
- Add turmeric, stir well, add the minced garlic, cardamom and red pepper flakes and saute for 3-5 minutes.
- Add the content of the skillet (onion, garlic and the spices) to the pot and continue cooking for another 10-15 minutes.
- Add noodles and more water if needed.
- Add the fruits to the soup and simmer on the lowest heat setting for another 20-30 minutes, allowing the fruits to cook and the flavors to blend without boiling so that the fruits hold their shapes and don't become too mushy.
- Taste and adjust the seasoning and add lemon juice to taste.
- Serve warm with bread.

Nutrition Facts

PROTEIN 10.14% FAT 41.24% CARBS 48.62%

Properties

Glycemic Index:64.31, Glycemic Load:11.41, Inflammation Score:-10, Nutrition Score:19.859565217391%

Flavonoids

Cyanidin: 3.21mg, Cyanidin: 3.21mg, Cyanidin: 3.21mg, Cyanidin: 3.21mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg, Catechin: 5.36mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg, Epicatechin: 4.18mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 32.83%, Sourness: 62.29%, Bitterness: 66.35%, Savoriness: 14.8%, Fattiness: 35.24%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 327.51kcal (16.38%), Fat: 15.64g (24.06%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 41.48g (13.83%), Net Carbohydrates: 33.09g (12.03%), Sugar: 15.3g (17%), Cholesterol: 0mg (0%), Sodium: 231.26mg (10.05%), Protein: 8.65g (17.3%), Vitamin K: 213.84µg (203.65%), Vitamin A: 1869.29IU (37.39%), Manganese: 0.7mg (35.17%), Folate: 136.89µg (34.22%), Vitamin C: 28.12mg (34.09%), Fiber: 8.39g (33.58%), Vitamin E: 3.51mg (23.39%), Copper: 0.38mg (18.83%), Iron: 3.11mg (17.26%), Potassium: 591.21mg (16.89%), Phosphorus: 159.39mg (15.94%), Selenium: 10.54µg (15.06%), Magnesium: 58.7mg (14.67%), Vitamin B1: 0.17mg (11.13%), Vitamin B6: 0.22mg (11.13%), Vitamin B3: 1.84mg (9.21%), Zinc: 1.38mg (9.21%), Calcium: 76.52mg (7.65%), Vitamin B2: 0.12mg (6.77%), Vitamin B5: 0.52mg (5.18%)