



Fruit Soup

 Vegetarian  Gluten Free

READY IN

ready

30 min.

SERVINGS

servings

7

CALORIES

calories

148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cantaloupe seeds removed
- ☐ 1 cup granny smith apples diced peeled
- ☐ 2 tablespoons honey
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup orange juice
- ☐ 7 servings orange rind for garnish
- ☐ 1 cup peaches
- ☐ 1 cup pineapple fresh

- ☐ 0.3 cup pineapple juice
- ☐ 7 servings cup heavy whipping cream sour for garnish
- ☐ 2 cups strawberries
- ☐ 0.3 cup sugar
- ☐ 2 cups water

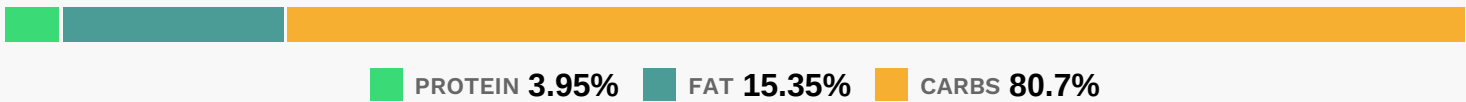
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ stove

Directions

- ☐ Combine all the fruit: cantaloupe, pineapple, peaches, apples, strawberries in a large mixing bowl, along with the sugar and honey.
- ☐ Add fruit mix to the pot on the stove and add your liquid ingredients of water, pineapple, lemon and orange juice.
- ☐ While the fruit mix is simmering on the stove, cut the bottom of your cantaloupe half (so as to not rock) and with your fruit baller, dig out 2 cups cantaloupe adding it to the rest of the fruit in the pot. Reduce heat, and simmer uncovered for 15 minutes or until fruit is soft.
- ☐ Allow fruit to cool down. When ready pour half of fruit mixture into blender. Blend until smooth. Repeat with the remaining mixture and chill until ready to serve.
- ☐ Spoon into bowls, garnish each serving with a dollop of sour cream and orange rind.

Nutrition Facts



Properties

Glycemic Index:65.54, Glycemic Load:14.45, Inflammation Score:-8, Nutrition Score:9.9039129342722%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 10.22mg, Pelargonidin: 10.22mg, Pelargonidin: 10.22mg, Pelargonidin: 10.22mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 2.03mg, Epicatechin: 2.03mg, Epicatechin: 2.03mg, Epicatechin: 2.03mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 148.39kcal (7.42%), Fat: 2.74g (4.21%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 28.8g (10.47%), Sugar: 25.41g (28.24%), Cholesterol: 7.08mg (2.36%), Sodium: 23.63mg (1.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin C: 66.58mg (80.71%), Vitamin A: 1577.26IU (31.55%), Manganese: 0.46mg (23.22%), Fiber: 3.57g (14.29%), Folate: 31.85µg (7.96%), Potassium: 277.84mg (7.94%), Copper: 0.14mg (6.95%), Vitamin B6: 0.12mg (5.89%), Vitamin B1: 0.09mg (5.86%), Magnesium: 23.1mg (5.78%), Calcium: 51.64mg (5.16%), Vitamin B2: 0.08mg (4.65%), Vitamin B3: 0.93mg (4.65%), Phosphorus: 40.02mg (4%), Iron: 0.67mg (3.71%), Vitamin B5: 0.32mg (3.24%), Vitamin K: 3.4µg (3.24%), Vitamin E: 0.43mg (2.87%), Selenium: 2µg (2.86%), Zinc: 0.43mg (2.84%)