



Gingered Peach Fruit Soup

 Vegetarian  Gluten Free

READY IN



11 min.

SERVINGS



6

CALORIES



139 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon ginger fresh grated peeled
- 1 tablespoon juice of lemon fresh
- 18 ounce vanilla yogurt low-fat (2 cups)
- 1.5 cups orange juice chilled
- 2 cups peaches peeled sliced
- 2 tablespoons sugar

Equipment

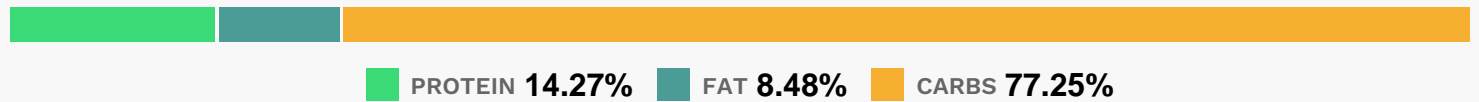
- food processor

- bowl
- blender

Directions

- Place peaches and orange juice in a blender or food processor; process until smooth.
- Pour half of peach mixture into a bowl.
- Add yogurt and next 3 ingredients to peach mixture in blender; process until smooth.
- Pour yogurt mixture into reserved peach mixture; stir well.
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:7.89, Inflammation Score:-5, Nutrition Score:7.5717392019604%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg, Hesperetin: 7.77mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 138.63kcal (6.93%), Fat: 1.35g (2.08%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 26.81g (9.75%), Sugar: 25.33g (28.14%), Cholesterol: 4.25mg (1.42%), Sodium: 63.64mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.25%), Vitamin C: 34.81mg (42.2%), Calcium: 154.68mg (15.47%), Phosphorus: 137.25mg (13.72%), Vitamin B2: 0.21mg (12.18%), Potassium: 380.38mg (10.87%), Folate: 31.66µg (7.92%), Selenium: 5.34µg (7.63%), Vitamin B12: 0.45µg (7.51%), Vitamin B1: 0.1mg (6.98%), Vitamin B5: 0.67mg (6.71%), Vitamin A: 328.07IU (6.56%), Magnesium: 25.19mg (6.3%), Zinc: 0.86mg (5.74%), Copper: 0.08mg (4.08%), Vitamin B6: 0.08mg (3.95%), Vitamin B3: 0.76mg (3.82%), Fiber: 0.92g (3.7%), Vitamin E: 0.42mg (2.82%), Manganese: 0.05mg (2.33%), Iron: 0.37mg (2.05%), Vitamin K: 1.69µg (1.61%)