



WHATSheATE



Golden Peach Soup with Shrimp and Crab Seviche



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

SOUP

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 0.3 cup juice of lime fresh (2 large limes)
- ☐ 1 cup juice of lime fresh (6 large limes)
- ☐ 4 ounces lump crab meat

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 pounds peaches pitted peeled chopped
- ☐ 0.3 cup radishes
- ☐ 0.3 cup bell pepper red minced
- ☐ 0.3 cup onion red finely chopped
- ☐ 3 tablespoons onion red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sea salt fine
- ☐ 8 ounces shrimp cooked chopped

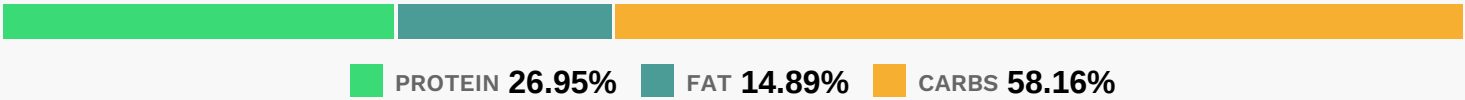
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ To prepare seviche, combine shrimp and 1 cup juice in a medium bowl; chill 1 hour.
- ☐ Add crab; toss gently to combine.
- ☐ Drain thoroughly; return shrimp and crab to bowl. Stir in 3 tablespoons onion and next 4 ingredients (through 1/4 teaspoon salt). Chill at least 30 minutes or up to 6 hours.
- ☐ To prepare soup, combine peaches, 1/3 cup juice, and 1/2 teaspoon salt.
- ☐ Place half of peach mixture in a blender; process until smooth.
- ☐ Pour pureed peach mixture into a large bowl. Repeat procedure with remaining peach mixture. Stir in 1/4 cup onion and next 4 ingredients (through 1 tablespoon jalapeo). Cover and chill 30 minutes.
- ☐ Arrange 1/4 cup seviche in each of 8 small shallow bowls; ladle about 1/2 cup soup around seviche.
- ☐ Sprinkle evenly with sea salt; garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:35.78, Glycemic Load:6.19, Inflammation Score:0, Nutrition Score:10.29739139391%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Pelargonidin: 2.29mg, Pelargonidin: 2.29mg, Pelargonidin: 2.29mg Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 139.45kcal (6.97%), Fat: 2.51g (3.86%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 18.92g (6.88%), Sugar: 15.74g (17.49%), Cholesterol: 51.6mg (17.2%), Sodium: 468.08mg (20.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.43%), Vitamin C: 31.74mg (38.47%), Vitamin B12: 1.28µg (21.26%), Copper: 0.39mg (19.69%), Vitamin A: 784.97IU (15.7%), Phosphorus: 140.37mg (14.04%), Selenium: 8.86µg (12.66%), Fiber: 3.13g (12.52%), Vitamin E: 1.8mg (12%), Potassium: 400.45mg (11.44%), Zinc: 1.69mg (11.27%), Magnesium: 36.15mg (9.04%), Vitamin B3: 1.7mg (8.5%), Vitamin K: 8.33µg (7.94%), Manganese: 0.15mg (7.5%), Folate: 26.39µg (6.6%), Vitamin B6: 0.12mg (6.09%), Iron: 0.92mg (5.13%), Vitamin B2: 0.08mg (4.45%), Vitamin B1: 0.07mg (4.38%), Calcium: 41.21mg (4.12%), Vitamin B5: 0.4mg (4.04%)