



Orange-Tomato Consommé with Lemongrass and Fresh Ginger



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 3 cups beef broth
- ☐ 1.5 inch ginger fresh peeled sliced
- ☐ 1 large garlic clove
- ☐ 6 servings garnish: green onion flowers
- ☐ 4 large green onions trimmed thinly sliced
- ☐ 3 inch lemongrass trimmed sliced
- ☐ 3 cups orange juice

- ☐ 6 servings pepper freshly ground to taste
- ☐ 6 servings salt to taste
- ☐ 3 cups sacramento tomato juice divided

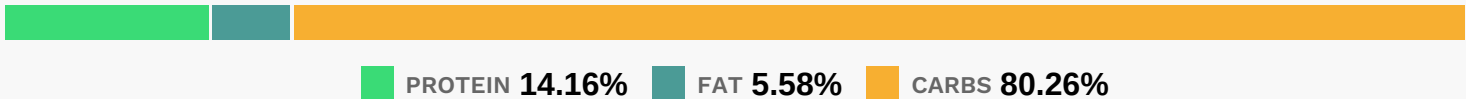
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ Puree 2 cups tomato juice and next 4 ingredients in a blender until smooth. Set aside.
- ☐ Whisk remaining 1 cup tomato juice, broth, and orange juice in a large nonreactive pitcher.
- ☐ Pour 1 1/2 to 2 cups into an ice-cube tray, and freeze 2 hours or until frozen.
- ☐ Combine tomato mixture in blender with remaining broth mixture in pitcher in a nonreactive bowl; season with salt and pepper. Cover and chill at least 2 hours.
- ☐ Divide frozen cubes and tomato consomm among 6 decorative glasses or bowls, and garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.39, Glycemic Load:8.48, Inflammation Score:-8, Nutrition Score:14.154782601025%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg, Hesperetin: 14.82mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 96.98kcal (4.85%), Fat: 0.65g (1%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 19.54g (7.1%), Sugar: 15.3g (17.01%), Cholesterol: 0mg (0%), Sodium: 657.69mg (28.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Vitamin C: 88.8mg (107.64%), Vitamin K: 50.01µg (47.63%), Vitamin A: 1021.48IU (20.43%), Folate: 80.51µg (20.13%), Potassium: 682.31mg (19.49%), Manganese: 0.31mg (15.34%), Vitamin B1: 0.19mg (12.45%), Vitamin B3: 2.41mg (12.07%), Vitamin B6: 0.22mg (11.08%), Magnesium: 36.49mg (9.12%), Iron: 1.54mg (8.58%), Copper: 0.16mg (8.05%), Vitamin B2: 0.12mg (7.23%), Phosphorus: 70.98mg (7.1%), Vitamin B5: 0.59mg (5.9%), Fiber: 1.39g (5.58%), Calcium: 52.68mg (5.27%), Vitamin E: 0.57mg (3.79%), Zinc: 0.4mg (2.68%), Selenium: 1.57µg (2.24%), Vitamin B12: 0.08µg (1.4%)