



Peach-Apricot Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 medium apricots pitted peeled halved
- ☐ 0.3 cup cognac
- ☐ 2 tablespoons cranberries dried (such as Craisins)
- ☐ 2 cups orange juice
- ☐ 3 medium peaches pitted peeled halved

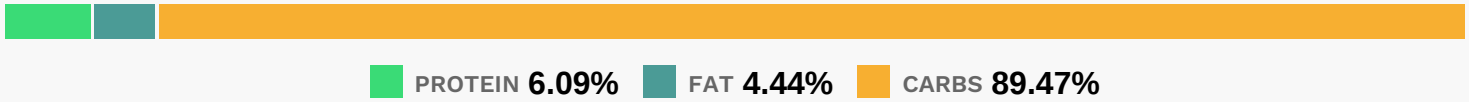
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine cognac and cranberries in a bowl; let stand 15 minutes, stirring occasionally.
- ☐ Place cognac and cranberries in a blender; process until cranberries are finely chopped.
- ☐ Add orange juice, peaches, and apricots; process until peach mixture is smooth and cranberries are minced. Cover and chill.
- ☐ Serve chilled.
- ☐ NOTE: You can omit the cognac and use 2 1/4 cups orange juice, if desired.

Nutrition Facts



Properties

Glycemic Index:37.23, Glycemic Load:11.47, Inflammation Score:-8, Nutrition Score:9.8895653330761%

Flavonoids

Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 6.5mg, Catechin: 6.5mg, Catechin: 6.5mg, Catechin: 6.5mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 3.88mg, Epicatechin: 3.88mg, Epicatechin: 3.88mg, Epicatechin: 3.88mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg 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: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 173.4kcal (8.67%), Fat: 0.74g (1.13%), Saturated Fat: 0.06g (0.41%), Carbohydrates: 33.38g (11.13%), Net Carbohydrates: 30.52g (11.1%), Sugar: 27.73g (30.81%), Cholesterol: 0mg (0%), Sodium: 16.65mg (0.72%), Alcohol: 5.01g (100%), Alcohol %: 2.23% (100%), Protein: 2.27g (4.54%), Vitamin C: 69.25mg (83.94%), Vitamin A: 1120.32IU (22.41%), Potassium: 457.21mg (13.06%), Folate: 46.31µg (11.58%), Fiber: 2.86g (11.43%), Vitamin B1: 0.15mg (9.89%), Copper: 0.17mg (8.53%), Vitamin E: 1.26mg (8.41%), Vitamin B3: 1.6mg (8.02%), Manganese: 0.13mg (6.44%), Magnesium: 25.57mg (6.39%), Phosphorus: 53.07mg (5.31%), Vitamin B2: 0.09mg (5.02%), Vitamin B5: 0.49mg (4.87%), Vitamin B6: 0.09mg (4.74%), Vitamin K: 4.94µg (4.7%), Iron: 0.77mg (4.27%), Selenium: 2.56µg (3.65%), Zinc: 0.39mg (2.58%), Calcium: 22.23mg (2.22%)