



Peach-Blackberry Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup blackberries fresh
- ☐ 1 stick cinnamon (3-inch)
- ☐ 3 tablespoons honey
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 5 cups peaches fresh peeled sliced
- ☐ 1 cup mirin
- ☐ 0.3 teaspoon vanilla extract

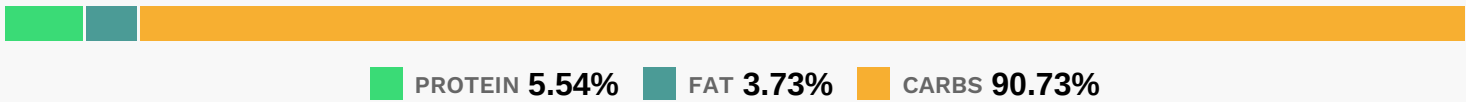
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Combine first 3 ingredients in a medium saucepan over medium-high heat; bring to a boil. Cover, reduce heat to low, and simmer 10 minutes or until peaches are tender.
- ☐ Remove from heat; cool. Discard cinnamon stick.
- ☐ Place half of peach mixture in a blender or food processor; process until smooth.
- ☐ Pour pureed mixture into a large bowl; repeat procedure with the remaining peach mixture. Stir in 3 tablespoons honey, juice, and 1/4 teaspoon vanilla. Chill for 1 hour.
- ☐ Ladle 1/2 cup soup into each of 6 small bowls; top each serving with about 2 1/2 tablespoons blackberries.
- ☐ Garnish with fresh mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:20.42, Glycemic Load:9.22, Inflammation Score:-6, Nutrition Score:5.3926086581272%

Flavonoids

Cyanidin: 26.45mg, Cyanidin: 26.45mg, Cyanidin: 26.45mg, Cyanidin: 26.45mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 15.21mg, Catechin: 15.21mg, Catechin: 15.21mg, Catechin: 15.21mg Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg, Epigallocatechin: 1.36mg Epicatechin: 4.12mg, Epicatechin: 4.12mg, Epicatechin: 4.12mg, Epicatechin: 4.12mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg

0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 130.43kcal (6.52%), Fat: 0.48g (0.73%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 26.02g (8.67%), Net Carbohydrates: 22.49g (8.18%), Sugar: 20.63g (22.93%), Cholesterol: 0mg (0%), Sodium: 17.43mg (0.76%), Alcohol: 3.86g (100%), Alcohol %: 2.38% (100%), Protein: 1.59g (3.18%), Manganese: 0.34mg (17.21%), Fiber: 3.53g (14.13%), Vitamin C: 11.02mg (13.36%), Vitamin A: 471.55IU (9.43%), Vitamin K: 8.78µg (8.37%), Vitamin E: 1.23mg (8.22%), Copper: 0.15mg (7.29%), Vitamin B3: 1.21mg (6.06%), Potassium: 205.38mg (5.87%), Selenium: 2.89µg (4.14%), Magnesium: 15.75mg (3.94%), Iron: 0.68mg (3.77%), Folate: 14.28µg (3.57%), Phosphorus: 34.45mg (3.44%), Zinc: 0.46mg (3.05%), Vitamin B2: 0.05mg (2.98%), Vitamin B5: 0.27mg (2.74%), Vitamin B1: 0.04mg (2.41%), Vitamin B6: 0.04mg (2.18%), Calcium: 18.69mg (1.87%)