



Peachy Berry Soup



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



116 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon ground ginger
- ☐ 2 tablespoons honey
- ☐ 10 ounce strawberry halves in lite syrup frozen thawed
- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 1.5 cups orange juice
- ☐ 1 cup peaches frozen thawed
- ☐ 1 cup raspberries frozen thawed

Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ Process strawberries, peaches, and raspberries in a blender 1 minute or until smooth.
- ☐ Add 1/2 cup sour cream and next 3 ingredients; blend 1 minute or until smooth.
- ☐ Ladle soup into bowls.
- ☐ Garnish with a dollop of sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:34.1, Glycemic Load:8.96, Inflammation Score:-5, Nutrition Score:6.5534782798394%

Flavonoids

Cyanidin: 11.58mg, Cyanidin: 11.58mg, Cyanidin: 11.58mg, Cyanidin: 11.58mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 8.89mg, Hesperetin: 8.89mg, Hesperetin: 8.89mg, Hesperetin: 8.89mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 116.05kcal (5.8%), Fat: 2.83g (4.35%), Saturated Fat: 1.55g (9.68%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 20.13g (7.32%), Sugar: 16.84g (18.72%), Cholesterol: 8.05mg (2.68%), Sodium: 24.44mg (1.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Vitamin C: 45mg (54.55%), Manganese: 0.23mg (11.5%), Fiber: 2.2g (8.81%), Folate: 31.92µg (7.98%), Potassium: 277.06mg (7.92%), Vitamin A: 332.6IU (6.65%),

Vitamin B1: 0.09mg (6.09%), Calcium: 48.46mg (4.85%), Magnesium: 18.61mg (4.65%), Phosphorus: 43.22mg (4.32%), Copper: 0.09mg (4.28%), Vitamin B2: 0.07mg (4.23%), Vitamin B3: 0.73mg (3.63%), Vitamin E: 0.53mg (3.55%), Vitamin B6: 0.06mg (2.9%), Vitamin K: 2.99µg (2.84%), Vitamin B5: 0.27mg (2.74%), Iron: 0.49mg (2.72%), Zinc: 0.35mg (2.31%), Selenium: 1.61µg (2.29%), Vitamin B12: 0.1µg (1.61%)