



Peachy Ginger Soup

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



304 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon ground ginger
- ☐ 1.3 cups heavy cream
- ☐ 3.5 pounds peaches fresh pitted peeled chopped
- ☐ 2 tablespoons rum

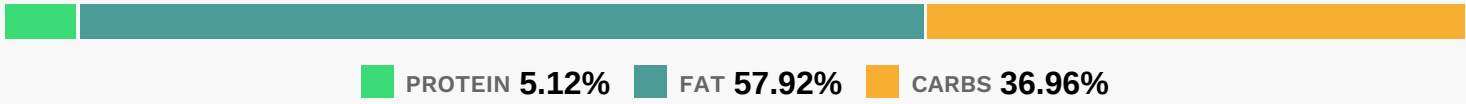
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Puree the peaches and ginger together in a food processor or blender. Stir in heavy cream and rum. Chill.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:9.21, Glycemic Load:9.16, Inflammation Score:-8, Nutrition Score:9.2173912887988%

Flavonoids

Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg Catechin: 13.02mg, Catechin: 13.02mg, Catechin: 13.02mg, Catechin: 13.02mg Epigallocatechin: 2.75mg, Epigallocatechin: 2.75mg, Epigallocatechin: 2.75mg, Epigallocatechin: 2.75mg Epicatechin: 6.19mg, Epicatechin: 6.19mg, Epicatechin: 6.19mg, Epicatechin: 6.19mg Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 303.62kcal (15.18%), Fat: 19.82g (30.49%), Saturated Fat: 12.22g (76.4%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 24.45g (8.89%), Sugar: 23.76g (26.39%), Cholesterol: 59.76mg (19.92%), Sodium: 48.82mg (2.12%), Alcohol: 1.67g (100%), Alcohol %: 0.66% (100%), Protein: 3.94g (7.88%), Vitamin A: 1640.15IU (32.8%), Vitamin E: 2.42mg (16.12%), Fiber: 4.02g (16.06%), Manganese: 0.27mg (13.69%), Vitamin C: 11.17mg (13.54%), Vitamin B3: 2.2mg (11%), Potassium: 377.55mg (10.79%), Copper: 0.21mg (10.74%), Vitamin B2: 0.18mg (10.72%), Selenium: 7.33µg (10.47%), Vitamin K: 9.63µg (9.17%), Phosphorus: 89.65mg (8.96%), Magnesium: 25.58mg (6.4%), Iron: 1.02mg (5.67%), Vitamin D: 0.85µg (5.64%), Vitamin B5: 0.54mg (5.41%), Zinc: 0.75mg (5%), Vitamin B1: 0.07mg (4.97%), Calcium: 45.87mg (4.59%), Folate: 18.03µg (4.51%), Vitamin B6: 0.09mg (4.34%), Vitamin B12: 0.08µg (1.41%)