



Plum Soup with Honeydew Tarragon Ice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



341 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups wedges honeydew melon peeled seeded (1-inch cubes)
- ☐ 2 teaspoons juice of lime fresh to taste
- ☐ 2 lb plums black red chilled pitted halved
- ☐ 1 cup sugar
- ☐ 0.3 cup tarragon sprigs fresh packed crushed
- ☐ 2 cups water

Equipment

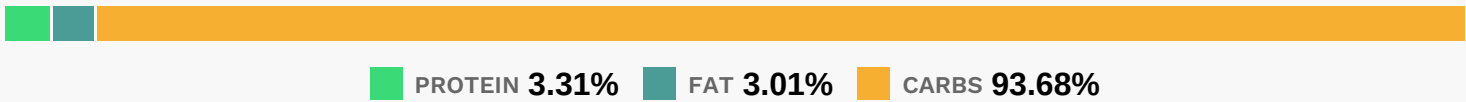
- ☐ bowl

- ☐ sieve
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Bring water and sugar to a simmer, stirring until sugar is dissolved.
- ☐ Transfer 1/2 cup hot syrup to a bowl and stir in tarragon, then cool. Chill remaining syrup.
- ☐ Pour tarragon syrup through a very fine sieve into a metal bowl, discarding solids. Purée honeydew in a blender and stir into strained tarragon syrup. Freeze in ice cream maker, then transfer to an airtight container and put in freezer to harden.
- ☐ Dice enough of plums to measure 1/2 cup and reserve. Coarsely chop remaining plums and purée in 2 batches with 1 cup chilled syrup (total) in a blender.
- ☐ Pour purée through very fine sieve into a bowl, pressing on and discarding solids.
- ☐ Stir in diced plums, lime juice, and chilled syrup to taste.
- ☐ Serve soup immediately, topped with scoops of honeydew ice.
- ☐ ·Honeydew ice can be made 1 week ahead.

Nutrition Facts



Properties

Glycemic Index:44.69, Glycemic Load:44.95, Inflammation Score:-7, Nutrition Score:10.767391381056%

Flavonoids

Cyanidin: 12.77mg, Cyanidin: 12.77mg, Cyanidin: 12.77mg, Cyanidin: 12.77mg Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg, Peonidin: 0.7mg Catechin: 6.55mg, Catechin: 6.55mg, Catechin: 6.55mg, Catechin: 6.55mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 7.27mg, Epicatechin: 7.27mg, Epicatechin: 7.27mg, Epicatechin: 7.27mg Epicatechin 3-gallate: 1.72mg, Epicatechin 3-gallate: 1.72mg, Epicatechin 3-gallate: 1.72mg, Epicatechin 3-gallate: 1.72mg Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg, Epigallocatechin 3-gallate: 0.91mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg

Nutrients (% of daily need)

Calories: 340.59kcal (17.03%), Fat: 1.22g (1.88%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 85.73g (28.58%), Net Carbohydrates: 81.55g (29.65%), Sugar: 79.34g (88.16%), Cholesterol: 0mg (0%), Sodium: 24.4mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Vitamin C: 39.72mg (48.15%), Manganese: 0.48mg (24.1%), Vitamin A: 1004.7IU (20.09%), Potassium: 682.15mg (19.49%), Fiber: 4.18g (16.72%), Vitamin K: 17µg (16.19%), Vitamin B6: 0.24mg (12.2%), Iron: 1.93mg (10.72%), Magnesium: 40.51mg (10.13%), Copper: 0.2mg (10.08%), Folate: 39.38µg (9.85%), Vitamin B3: 1.68mg (8.42%), Vitamin B2: 0.14mg (8%), Calcium: 71.51mg (7.15%), Vitamin B1: 0.11mg (7.14%), Phosphorus: 59.29mg (5.93%), Vitamin B5: 0.44mg (4.41%), Vitamin E: 0.61mg (4.08%), Zinc: 0.49mg (3.25%), Selenium: 1.08µg (1.55%)