



Plum Soup with Tarragon and Blackberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



118 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounce blackberries plus more for garnish
- ☐ 6 plums red ripe
- ☐ 0.3 cup sugar
- ☐ 2 tablespoon triple sec
- ☐ 0.3 cup water
- ☐ 1 cup riesling wine dry

Equipment

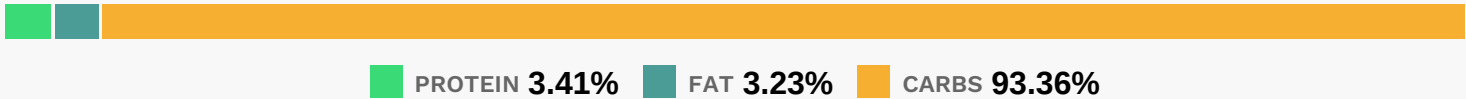
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ immersion blender

Directions

- ☐ Fill a large bowl with ice and water and set it aside. Bring a medium pot of filled with water to a boil. Drop the plums into the water blanch ing them until skin starts to get wrinkled, cracked and begins to peel away, 2 to 3 minutes.
- ☐ Remove plums from water and immediately place them into the prepared ice bath until cool 4–5 minutes.
- ☐ Remove plums from ice bath, reserving ice bath.Using your fingers gently peel the plums and cut them away from the pit in chunks.
- ☐ Place the plum chunks into a medium saucepan.
- ☐ Add 4 oz blackberries, wine, sugar, tarragon, triple sec and the water to the saucepan. Cover the pan, and bring to a low simmer over medium heat. Reduce heat to medium low, and allow the fruit to simmer until plums are falling apart, 15 to 20 minutes.
- ☐ Remove the pan from heat and transfer the contents to a clean bowl. Then place the bowl in the reserved ice bath, stirring occasionally, until cold.
- ☐ Remove tarragon sprigs from the cold mixture. Using an immersion blender puree the mixture until quite smooth and frothy.
- ☐ Serve garnished with extra blackberries.

Nutrition Facts



Properties

Glycemic Index:22.29, Glycemic Load:8.57, Inflammation Score:-4, Nutrition Score:2.9560869601758%

Flavonoids

Cyanidin: 22.61mg, Cyanidin: 22.61mg, Cyanidin: 22.61mg, Cyanidin: 22.61mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg,

Peonidin: 0.24mg Catechin: 8.91mg, Catechin: 8.91mg, Catechin: 8.91mg, Catechin: 8.91mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg, Epicatechin: 2.99mg Epicatechin 3–gallate: 0.5mg, Epicatechin 3–gallate: 0.5mg, Epicatechin 3–gallate: 0.5mg, Epicatechin 3–gallate: 0.5mg Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg, Epigallocatechin 3–gallate: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 117.97kcal (5.9%), Fat: 0.32g (0.49%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 20.75g (6.92%), Net Carbohydrates: 18.82g (6.84%), Sugar: 17.4g (19.33%), Cholesterol: 0mg (0%), Sodium: 1.17mg (0.05%), Alcohol: 5.1g (100%), Alcohol %: 4.36% (100%), Protein: 0.76g (1.52%), Vitamin C: 10.24mg (12.41%), Manganese: 0.16mg (7.88%), Fiber: 1.93g (7.7%), Vitamin K: 7.97µg (7.59%), Vitamin A: 268.15IU (5.36%), Potassium: 135.9mg (3.88%), Copper: 0.07mg (3.65%), Vitamin E: 0.39mg (2.62%), Magnesium: 8.65mg (2.16%), Vitamin B3: 0.4mg (2.02%), Folate: 8.02µg (2.01%), Phosphorus: 15.02mg (1.5%), Vitamin B1: 0.02mg (1.5%), Vitamin B2: 0.02mg (1.43%), Vitamin B5: 0.14mg (1.41%), Iron: 0.24mg (1.31%), Vitamin B6: 0.02mg (1.24%), Zinc: 0.17mg (1.13%)