



Royal Blueberry" Gazpacho with Lemon and Mint



Vegetarian



Gluten Free



Dairy Free

READY IN



157 min.

SERVINGS



5

CALORIES



144 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 ounces blueberries fresh
- ☐ 1 pound purple grapes dark seedless
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup grape juice white

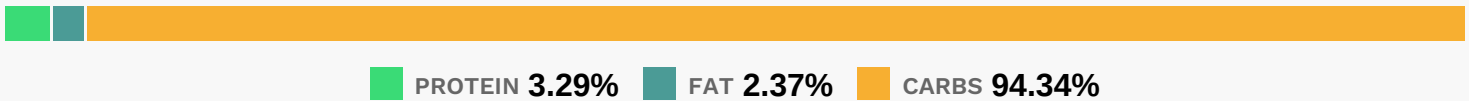
Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Remove stems from fruit. Rinse and pat dry with paper towels.
- ☐ Place fruit in a 4-quart saucepan over medium-high heat.
- ☐ Add grape juice and honey; bring to a boil. Reduce heat to medium; simmer 15 minutes, stirring occasionally.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Place blueberry mixture in a food processor; process until almost smooth. Strain; discard solids. Chill 2 hours.
- ☐ Stir in rind, juice, and salt. Ladle about 1/2 cup into each of 5 chilled bowls; garnish with mint and additional lemon rind, if desired.

Nutrition Facts



Properties

Glycemic Index:27.65, Glycemic Load:14.08, Inflammation Score:-3, Nutrition Score:5.6069564599058%

Flavonoids

Cyanidin: 5.98mg, Cyanidin: 5.98mg, Cyanidin: 5.98mg, Cyanidin: 5.98mg Petunidin: 21.71mg, Petunidin: 21.71mg, Petunidin: 21.71mg Delphinidin: 24.59mg, Delphinidin: 24.59mg, Delphinidin: 24.59mg, Delphinidin: 24.59mg Malvidin: 48.81mg, Malvidin: 48.81mg, Malvidin: 48.81mg, Malvidin: 48.81mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 14.07mg, Peonidin: 14.07mg, Peonidin: 14.07mg Catechin: 3.81mg, Catechin: 3.81mg, Catechin: 3.81mg, Catechin: 3.81mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg

Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 143.79kcal (7.19%), Fat: 0.42g (0.65%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 34.87g (12.68%), Sugar: 31.51g (35.01%), Cholesterol: 0mg (0%), Sodium: 120.48mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin K: 26.48µg (25.22%), Manganese: 0.36mg (18.06%), Vitamin C: 12.92mg (15.67%), Fiber: 2.62g (10.48%), Copper: 0.16mg (8.17%), Potassium: 263.83mg (7.54%), Vitamin B6: 0.13mg (6.38%), Vitamin B1: 0.09mg (6.27%), Vitamin B2: 0.1mg (5.88%), Vitamin E: 0.57mg (3.81%), Iron: 0.63mg (3.49%), Magnesium: 13.61mg (3.4%), Phosphorus: 30.76mg (3.08%), Vitamin B3: 0.51mg (2.54%), Vitamin A: 99.4IU (1.99%), Folate: 7.37µg (1.84%), Calcium: 17.95mg (1.79%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.21mg (1.43%)