



## Sangria Fruit Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup cooking wine dry red
- 0.5 cup wedges honeydew melon diced
- 0.3 cup juice of lemon
- 4 cups poached berries mixed (see notes)
- 0.3 cup orange-flavor liqueur
- 0.5 cup sugar
- 1 teaspoon vanilla

## Equipment

- bowl
- frying pan
- ladle

## Directions

- In a 2- to 3-quart pan, combine wine, 1 cup water, sugar, and lemon juice. Boil over high heat, stirring occasionally, until reduced to 1 1/4 cups, 10 to 15 minutes.
- Remove from heat and stir in liqueur, vanilla, berries, and cantaloupe.
- Nest pan in a bowl of ice and stir often until cool, about 10 minutes.
- Ladle soup into bowls.

## Nutrition Facts

**PROTEIN 1.56%** **FAT 4.71%** **CARBS 93.73%**

## Properties

Glycemic Index:17.52, Glycemic Load:17.45, Inflammation Score:-6, Nutrition Score:5.4291304142579%

## Flavonoids

Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg Petunidin: 30.14mg, Petunidin: 30.14mg, Petunidin: 30.14mg, Petunidin: 30.14mg Delphinidin: 35.97mg, Delphinidin: 35.97mg, Delphinidin: 35.97mg, Delphinidin: 35.97mg Malvidin: 92.7mg, Malvidin: 92.7mg, Malvidin: 92.7mg, Malvidin: 92.7mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg, Peonidin: 1.84mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 2.9mg, Myricetin: 2.9mg, Myricetin: 2.9mg, Myricetin: 2.9mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

## Nutrients (% of daily need)

Calories: 285.53kcal (14.28%), Fat: 1.2g (1.84%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 53.58g (17.86%), Net Carbohydrates: 49.16g (17.88%), Sugar: 45.16g (50.18%), Cholesterol: 0mg (0%), Sodium: 7.1mg (0.31%), Alcohol: 10.48g (100%), Alcohol %: 4.47% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.89g (1.79%), Vitamin K: 26.04µg

(24.8%), Vitamin C: 15.57mg (18.87%), Fiber: 4.42g (17.66%), Manganese: 0.24mg (12.09%), Vitamin B6: 0.12mg (5.99%), Vitamin E: 0.78mg (5.19%), Folate: 18.95µg (4.74%), Vitamin B3: 0.94mg (4.69%), Potassium: 159.5mg (4.56%), Vitamin B1: 0.06mg (4.22%), Vitamin B2: 0.07mg (4.14%), Copper: 0.07mg (3.39%), Magnesium: 11.66mg (2.91%), Vitamin B5: 0.25mg (2.54%), Phosphorus: 21.96mg (2.2%), Iron: 0.35mg (1.97%), Vitamin A: 83.14IU (1.66%), Calcium: 15.4mg (1.54%)