

Strawberry Champagne Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



130 min.

SERVINGS



4

CALORIES



135 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup champagne
- ☐ 0.1 teaspoon salt
- ☐ 5 cups strawberries quartered
- ☐ 0.3 cup sugar white

Equipment

- ☐ blender

Directions

☐ Place the strawberries into a blender, and sprinkle with sugar and salt. Process until smooth. Cover, and chill for 2 hours. Stir in champagne just before serving.

Nutrition Facts



PROTEIN 4.23% **FAT 4.42%** **CARBS 91.35%**

Properties

Glycemic Index:27.52, Glycemic Load:12.82, Inflammation Score:-6, Nutrition Score:9.7004347650901%

Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 44.73mg, Pelargonidin: 44.73mg, Pelargonidin: 44.73mg, Pelargonidin: 44.73mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.6mg, Catechin: 5.6mg, Catechin: 5.6mg, Catechin: 5.6mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg, Epicatechin 3-gallate: 0.27mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 134.63kcal (6.73%), Fat: 0.58g (0.89%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 23.36g (8.5%), Sugar: 21.96g (24.4%), Cholesterol: 0mg (0%), Sodium: 78.73mg (3.42%), Alcohol: 3.78g (100%), Alcohol %: 1.9% (100%), Protein: 1.25g (2.49%), Vitamin C: 105.84mg (128.29%), Manganese: 0.7mg (34.77%), Fiber: 3.6g (14.4%), Folate: 43.79µg (10.95%), Potassium: 327.58mg (9.36%), Magnesium: 29.3mg (7.33%), Iron: 0.98mg (5.45%), Phosphorus: 52.05mg (5.21%), Vitamin B6: 0.1mg (4.82%), Copper: 0.09mg (4.69%), Vitamin K: 3.96µg (3.77%), Vitamin B3: 0.75mg (3.77%), Vitamin E: 0.52mg (3.48%), Calcium: 34.28mg (3.43%), Vitamin B1: 0.04mg (2.88%), Vitamin B2: 0.05mg (2.82%), Vitamin B5: 0.22mg (2.25%), Zinc: 0.3mg (2%), Selenium: 0.91µg (1.3%)