

Strawberry Soup I



Vegetarian



Gluten Free

READY IN



125 min.

SERVINGS



6

CALORIES



174 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon ground cardamom
- ☐ 0.5 cup orange juice
- ☐ 2 cups yogurt plain
- ☐ 2 pints strawberries
- ☐ 0.5 cup water
- ☐ 0.5 cup sugar white

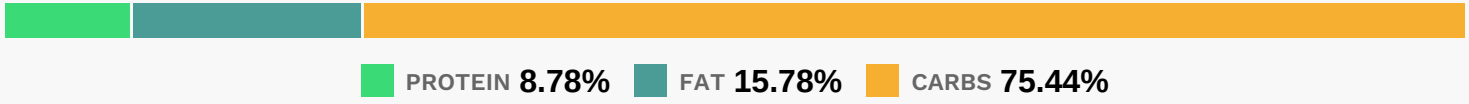
Equipment

- ☐ blender

Directions

In a blender, combine the strawberries, yogurt, orange juice, sugar, water and cardamom. Puree until well mixed. Chill and serve.

Nutrition Facts



Properties

Glycemic Index:31.02, Glycemic Load:17.04, Inflammation Score:-6, Nutrition Score:11.453043515268%

Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 173.88kcal (8.69%), Fat: 3.22g (4.96%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 31.49g (11.45%), Sugar: 29.89g (33.21%), Cholesterol: 10.62mg (3.54%), Sodium: 40.51mg (1.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin C: 103.49mg (125.45%), Manganese: 0.63mg (31.37%), Fiber: 3.21g (12.83%), Calcium: 127.24mg (12.72%), Folate: 49.77µg (12.44%), Phosphorus: 119.02mg (11.9%), Potassium: 410.04mg (11.72%), Vitamin B2: 0.16mg (9.42%), Magnesium: 32.87mg (8.22%), Vitamin B5: 0.55mg (5.54%), Vitamin B6: 0.11mg (5.43%), Vitamin B1: 0.08mg (5.35%), Vitamin B12: 0.3µg (5.04%), Copper: 0.1mg (4.83%), Zinc: 0.72mg (4.8%), Iron: 0.74mg (4.13%), Vitamin B3: 0.75mg (3.77%), Selenium: 2.55µg (3.64%), Vitamin K: 3.65µg (3.48%), Vitamin E: 0.51mg (3.43%), Vitamin A: 141.11IU (2.82%)