



Strawberry Soup II

 Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



236 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 sprigs mint leaves fresh
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 12 ounces round cake cubed prepared
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 4 cups strawberries fresh
- ☐ 0.5 teaspoon vanilla extract
- ☐ 12 ounce non-dairy whipped topping frozen thawed

☐ 1 cup sugar white

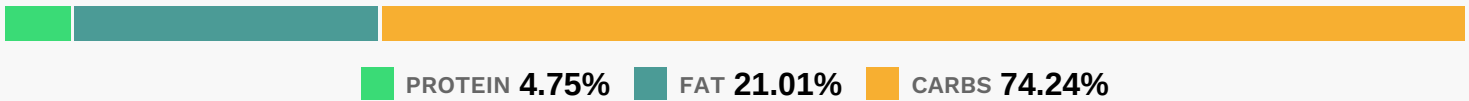
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ broiler

Directions

- ☐ Rinse strawberries with cool water to clean and then pat dry to absorb excess water.
- ☐ Remove strawberry stems and set aside 12 for later use.
- ☐ In a large bowl, combine remaining strawberries, whipped topping, nutmeg, cinnamon, vanilla and sugar. With an electric mixer, mix on low speed for 5 to 7 minutes or until sugar has dissolved completely and mixture is smooth.
- ☐ Add sour cream and mix 1 minute.
- ☐ Place in refrigerator to chill.
- ☐ Toast pound cake cubes under broiler for approximately 6 minutes, turning once to brown both sides.
- ☐ Serve soup in chilled bowls and garnish with whole strawberries, pound cake croutons and fresh mint sprigs.

Nutrition Facts



Properties

Glycemic Index:15.42, Glycemic Load:12.73, Inflammation Score:-3, Nutrition Score:5.5260870197545%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate:

0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg
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0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.12mg, Naringenin:
0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin:
0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.24mg, Kaempferol:
0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg,
Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Gallocatechin:
0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 236.12kcal (11.81%), Fat: 5.62g (8.65%), Saturated Fat: 3.93g (24.56%), Carbohydrates: 44.71g (14.9%), Net
Carbohydrates: 43.5g (15.82%), Sugar: 36.27g (40.3%), Cholesterol: 32.31mg (10.77%), Sodium: 199.49mg (8.67%),
Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 2.86g (5.72%), Vitamin C: 28.59mg (34.65%),
Manganese: 0.27mg (13.3%), Phosphorus: 75.79mg (7.58%), Vitamin B2: 0.13mg (7.44%), Folate: 27.14µg (6.79%),
Iron: 1.06mg (5.91%), Vitamin B1: 0.09mg (5.86%), Calcium: 55.56mg (5.56%), Selenium: 3.73µg (5.33%), Fiber: 1.21g
(4.83%), Potassium: 142.65mg (4.08%), Vitamin B3: 0.78mg (3.92%), Magnesium: 12.71mg (3.18%), Vitamin A:
142.87IU (2.86%), Copper: 0.05mg (2.46%), Vitamin E: 0.37mg (2.45%), Vitamin B6: 0.05mg (2.32%), Vitamin B12:
0.13µg (2.25%), Vitamin B5: 0.22mg (2.15%), Vitamin K: 2.1µg (2%), Zinc: 0.27mg (1.8%)