



Strawberry Soup III

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



64 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup buttermilk
- ☐ 1 teaspoon granulated sugar
- ☐ 2 cups strawberries

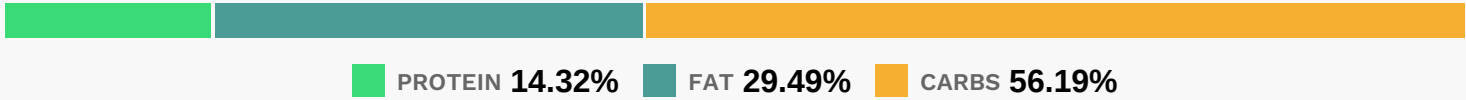
Equipment

- ☐ food processor
- ☐ blender

Directions

☐ Place strawberries and buttermilk into a blender or food processor and puree. Sweeten with sugar to taste, blend and either serve immediately or chill in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:35.27, Glycemic Load:3.24, Inflammation Score:-3, Nutrition Score:6.2304348064506%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 64.09kcal (3.2%), Fat: 2.21g (3.39%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.01g (2.91%), Sugar: 7.45g (8.27%), Cholesterol: 6.6mg (2.2%), Sodium: 63.73mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin C: 42.34mg (51.32%), Manganese: 0.28mg (14.02%), Calcium: 80.53mg (8.05%), Vitamin B2: 0.12mg (7.01%), Phosphorus: 68.28mg (6.83%), Fiber: 1.44g (5.76%), Potassium: 191.18mg (5.46%), Vitamin D: 0.78µg (5.2%), Folate: 20.28µg (5.07%), Vitamin B12: 0.28µg (4.6%), Magnesium: 15.36mg (3.84%), Selenium: 2.51µg (3.59%), Vitamin B5: 0.32mg (3.18%), Vitamin B1: 0.05mg (3.03%), Vitamin B6: 0.06mg (2.77%), Copper: 0.05mg (2.48%), Zinc: 0.33mg (2.19%), Vitamin A: 107.64IU (2.15%), Iron: 0.31mg (1.74%), Vitamin K: 1.76µg (1.68%), Vitamin E: 0.25mg (1.67%), Vitamin B3: 0.33mg (1.66%)